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Canadian Living

VOLUME 35, NO. 7

WE ARE CANADIAN JULY 2010



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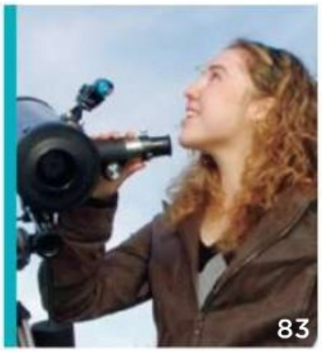
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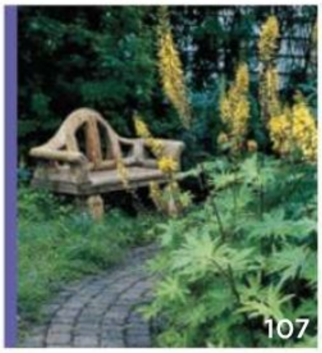


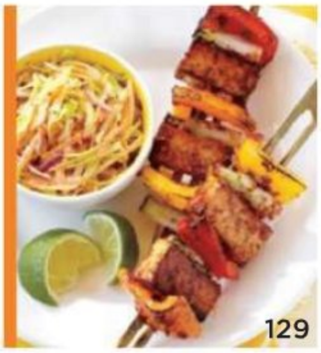
Cover recipe, page 124











IN EVERY ISSUE

beauty is everywhere

health is happiness

life is for living

home is pride

food is love

Canadian Living ADVANTAGE
Get the Most Out of Living

- Join *Canadian Living*'s beauty editors for an evening of indulgence brought to you by Schick Intuition Plus on June 23. See page 97 or visit canadianliving.com/advantage.

- Peller Estates French Cross Wine and *Canadian Living*'s food editors present a hands-on cooking class at Cirillo's Culinary Academy in Toronto on July 8. See page ON3 or visit canadian living.com/advantage.

Between Friends



What's Inspiring Me This Month:

Canadian Poetry 1920 to 1960 (McClelland and Stewart, $36.95), edited by Brian Trehearne. Read and discover part of Canada's cultural history.

So Square It's Hip
Learn how to make a maple leaf quilt square (page 103). Then submit photos of your finished project online for a chance to be featured in our July 2011 issue!

I love this country, and rarely a day goes by that I don't hear or see something that makes me appreciate Canada and feel fortunate to call it my home. I have lived here all of my life and although I have not yet been to every province and territory, it's a dream I hope to fulfil some day soon.

This is a unique country in so many ways. Stretching from the Atlantic Ocean in the east to the Pacific Ocean in the west to the Arctic Ocean in the north, Canada is the second largest country in the world. The borders that we share to the south and northwest with our neighbour, the United States, give us the longest common border in the world. And, of course, there are the friendliness of Canadians, our country's varied geography, and the traditions that make each province and territory special – all things that I'm never surprised to hear visitors from far and away comment on.

What's really special about this country are the people who live here and make up Canada's cultural mosaic. In 1971, Canada became the first country to declare multiculturalism as an official policy, and since then, multiculturalism has become the benchmark of Canada's national identity and a point of pride for Canadians. This country's founding cultures (aboriginal, British and French) were soon joined by many more from around the globe, giving Canada the colourful, robust cultural landscape that makes us the envy of the world.

June 27 is Canadian Multiculturalism Day and July 1 is Canada Day – both occasions that give us the opportunity to celebrate our country's diversity and appreciate the people who contribute to their individual communities.

To get to know four Canadians who make this country great, read Michael Killingsworth's story "Distinctly Canadian" (page 83), a tribute to two women who are highly regarded for their outstanding achievement, dedication and service to this nation, and two young women who are following in their footsteps. You'll also find articles on where to celebrate Canada Day, what to eat and how to stay healthy, as well as tips on getting started with your Canada Day party plans.

I would like to acknowledge the many multicultural groups who have decided to make this country their home. Without you, Canada wouldn't be what it is.

Have an inspired day!

Susan

– *Susan Antonacci*
susan@canadianliving.com

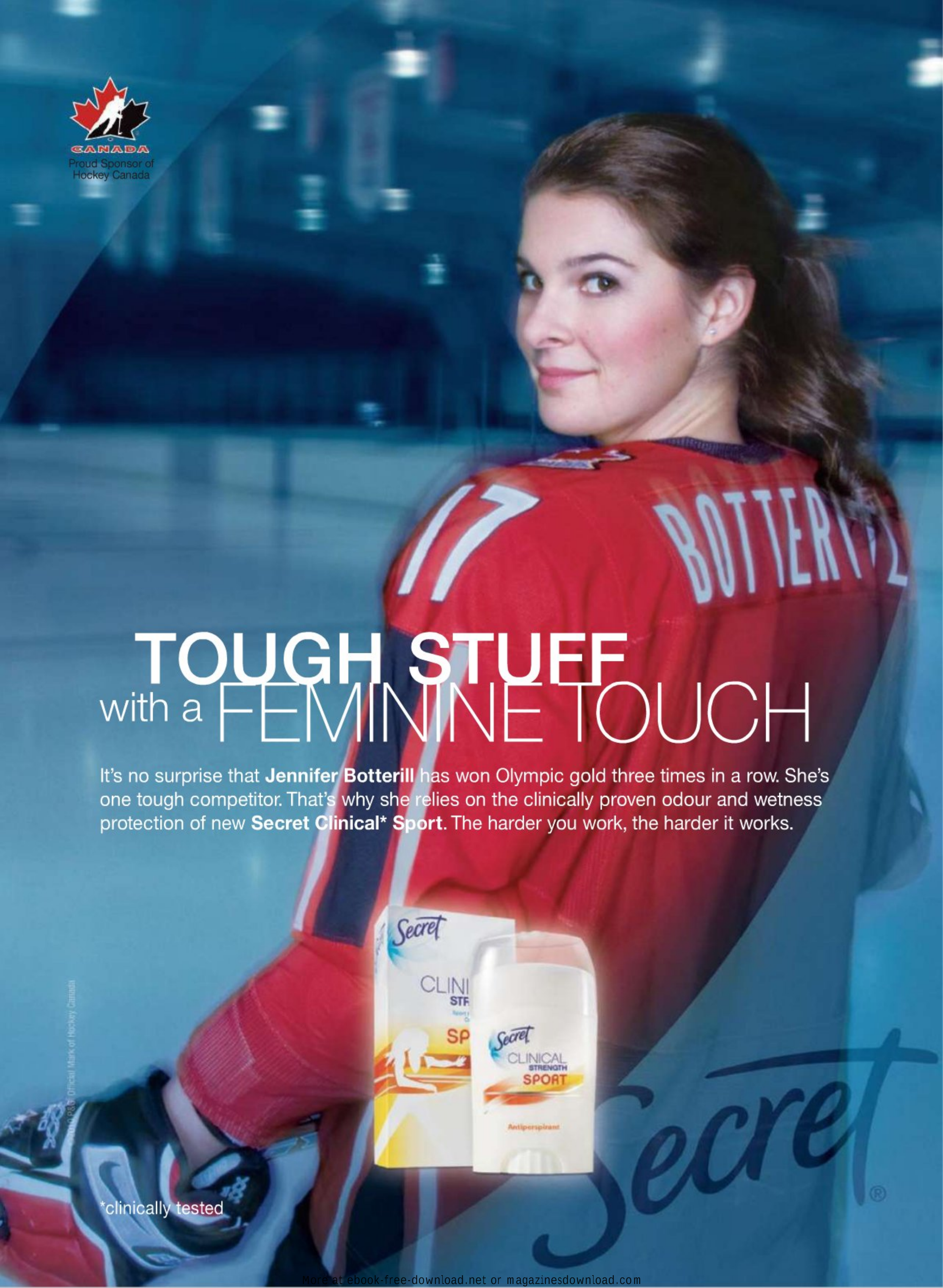
PHOTOGRAPHY, EDWARD POND

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Your Words

Our monthly roundup of reader feedback and insights

SHOPPING LESSONS

I enjoyed your article entitled "Grocery Makeover" in the April issue, but I disagree with one of the tips provided. In the "8 Easy Ways to Trim Your Grocery Bill" section, the authors suggest that you don't shop with your kids. They couldn't be more wrong! How are children supposed to learn the skills discussed in the main article associated with shopping and making healthy choices if they don't have the chance to practise them?

Although shopping with children might take a little longer, it is a perfect opportunity to show them how to read labels, learn unit pricing, shop within a budget, and make healthy choices. My children, ages eight and 10, have been shopping with me since they were born and know how to choose cereal (it has to have five grams of fibre or more) and why I won't buy certain items (poor nutrition or not in the budget). Yes, I sometimes have to say no to requests for the latest junk food they saw advertised on TV, but I view these times as opportunities for discussion. The kids practise the skills they have built up whenever they get to go ahead of me in the aisles and pick out items from the list, which, in turn, builds independence!

– Nicole Kasserra, Hartington, Ont.

DOG'S DIET

In "Woof, What's for Dinner?" (Everyday Matters, May), the response to the question "Is it OK to give a dog leftovers instead of dog food?" included the advice to vary the dog's meals in order to prevent the dog from getting bored. It suggested a change from, for example, chicken-and-rice kibble to lamb-and-rice when the bag is empty.

While that might work for some dogs, those with sensitive stomachs – my English setters are notorious for this – shouldn't have their food altered. Once you find a food that works, you are flirting with upset stomachs and worse if you change a sensitive dog's food.

– Judy Hill, Russell, Ont.

BABY CAKE

I wanted to share this photo (at right) of our cute little onesie cake ("This Takes the Cake," May) being presented to Tracy Nick in the last few weeks of her first pregnancy. The idea was so sweet, as was the recipe – it was almost too pretty to eat it. But we did. Thanks!

– Laura Hughes, Toronto

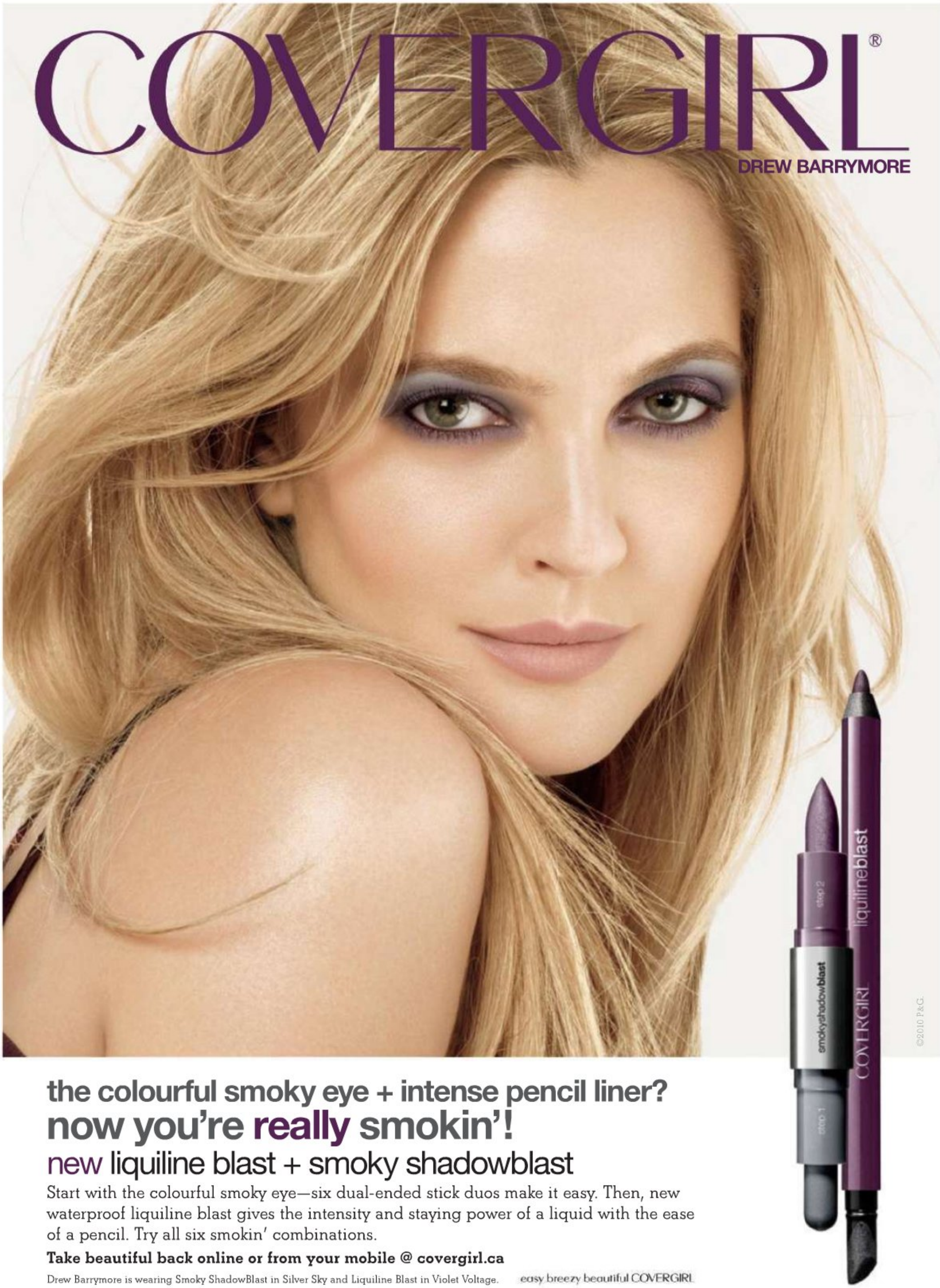


Laura Hughes and Tracy Nick are book club friends. One week after this photo was taken, Tracy delivered her first baby, Stella.

While I love the cake featured in "This Takes the Cake" (May), I have an issue with the bottle used as a decoration beside the cake. Breast-feeding rates are great for the first days after birth, but after that, they fall dramatically, for many reasons. That's unfortunate, as the benefits of breast-feeding continue well into babyhood and even into the preschool years if moms are encouraged to keep nursing while their children grow. To depict a bottle at a baby shower is a subtle undermining of that woman's (I'm assuming) choice to breast-feed. Why not use a teddy bear or diaper instead of suggesting any means of feeding the baby? We all need to be »

TALK TO US

We welcome letters and emails from readers of *Canadian Living.* Speaking to Canadians like you, from east to west, is our mandate; hearing from you is our pleasure. Write to us – and you could win a *Canadian Living* cookbook as a token of thanks! Email us at letters@canadianliving.com or write to us at "Letters," *Canadian Living* Magazine, 25 Sheppard Ave. W., Suite 100, Toronto M2N 6S7. Please make sure to include your name, address and telephone number. Letters and emails may be condensed for publication. Pictures will not be returned.


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mindful of being encouraging rather than subtly discouraging of breast-feeding.

– Carleon Hardie, Dundas, Ont.

HOME COMFORTS

I just want to thank your magazine for featuring my country, the Philippines, in your May issue ("Fresh Filipino Soups"). I came to Canada in 2007 and the first thing that I missed the most is our comfort food back home. It took me a while to adjust our recipes based on the ingredients available here. They may not taste the same as the way they are cooked back home, but still, it's a good feeling to have a part of our country's culture in our new country.

This issue is the first issue of *Canadian Living* I bought, because I saw your front cover with our food. But as I read your whole issue, I knew I should subscribe to your magazine because you not only feature other countries' cultures for your diverse readers, but also help new immigrants like me to adjust easily to our new country.

– Jewellynn Miralles, Winkler, Man.

HOW TWEET IT IS

I saw your note about hosting a Girls Night In to support the Canadian Cancer Society this month (Everyday Matters, May) and my girlfriend Casie and I were inspired to get involved.

We've both had women in our families battle the disease, so we jumped at the chance to host a party. We decided to have a potluck barbecue at my house and invite some of our friends and other blog girls (we are active bloggers). We want to show that a small group can have a big impact by using social media to raise awareness and money for important research into women's cancers. We're encouraging everyone to tweet at the party using the Twitter hashtag #bloggirlsnightin, and we'll also post photos and a write-up of our barbecue on our blogs. Thanks!

– Carly-Anne Fairlie and Casie Stewart, Toronto

EDUCATION FOR ALL

In your May issue in the "You Told Us" poll (Life Matters), the question was: How much should kids contribute to their post-secondary education? Unfortunately, your possible selections failed to consider some vital factors. First, the tuition costs: My son attends an Ontario community college while my daughter attends an Ontario university – the tuition costs are very different. Second, colleges and universities offer different programs, and students may have to go out of town for their education. Post-secondary education in Canada needs to be a right for all, not a privilege for those in a healthy financial situation.

– Alison Witty, Sudbury, Ont.

Connect with us, every day!



Canadianliving.com BBQ Section

Does your family eat, sleep and breathe barbecue all summer long? Then our new BBQ section is your one-stop recipe resource. Go online to find our best barbecue recipes, patio party menus, grilling technique videos and more. Visit canadianliving.com/july.

CRAZY CAKES CONTEST

Show us your most inspired novelty cake (or cutest cupcake) and you could win a suite of fabulous Hamilton Beach kitchen appliances. Entries accepted until July 12, 2010. Voting July 13 to Aug. 12, 2010. Winner will be announced in our November issue and online. Enter now at canadianliving.com/july.

CANADIAN LIVING SPECIAL ISSUE: *GROW IT, EAT IT*

With tips and how-tos for beginners and seasoned green thumbs, as well as more than 115 inspiring recipes, this collection will help you enjoy getting your hands dirty in the garden. Available on newsstands now and online at canadian living.com/july.

CANADIAN LIVING E-NEWSLETTERS

Sign up today for *Canadian Living*'s FREE e-newsletters. Get inspiration for everything from rush-hour cooking to beauty solutions to the latest health information – and much more! Sign up at canadian living.com/july.

PHOTOGRAPHY, FELIX WEDGWOOD

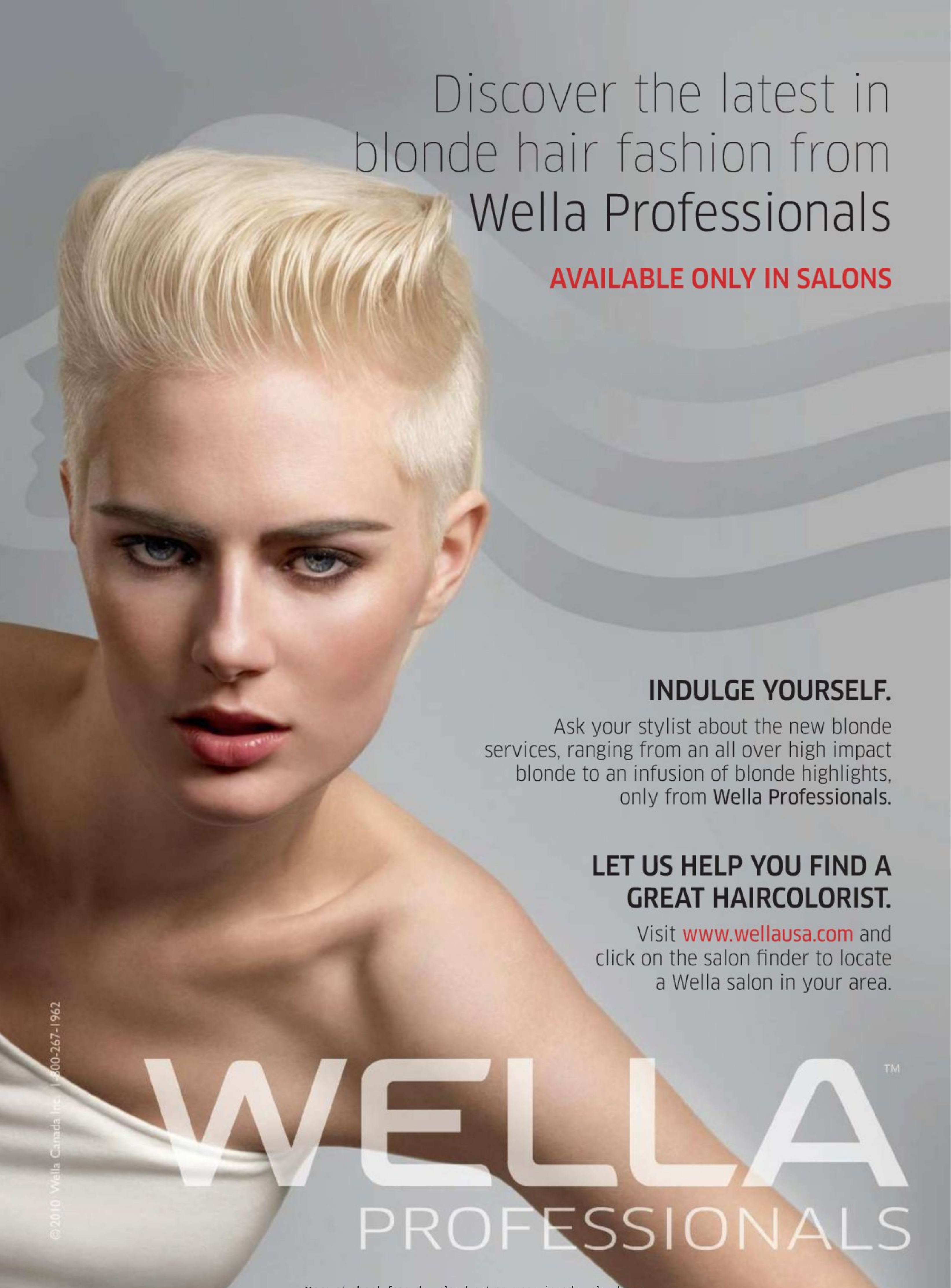
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Everyday Matters july

Inspiring ideas for day-to-day living

BY DONNA PARIS



5 WAYS TO CELEBRATE CANADA DAY

1. WATCH THE FIREWORKS
Pick a spot on Parliament Hill and watch the night sky light up with a spectacular show.

2. GO TO A BLOCK PARTY
Celebrate the day at the huge Fredericton neighbourhood block party. Or throw your own – visit canadianliving.com/july for a fabulous Canada Day menu.

3. WATCH A PARADE
Cheer as a sea of people in red and white flows through North Vancouver at the North Shore Canada Day parade.

4. VISIT A HISTORIC SITE
Eat cake and sing *O Canada* at the historical S and L Railway Station in Louisbourg, N.S.

5. SUPPORT NEW CITIZENS
Witness new Canadians swear allegiance at the quays of the Old Port of Montreal.

PHOTOGRAPHY: THOMAS NORTHCUT/THINKSTOCK (TOP); COURTESY OF STRUT ENTERTAINMENT

Singing the Song, Living the Dream

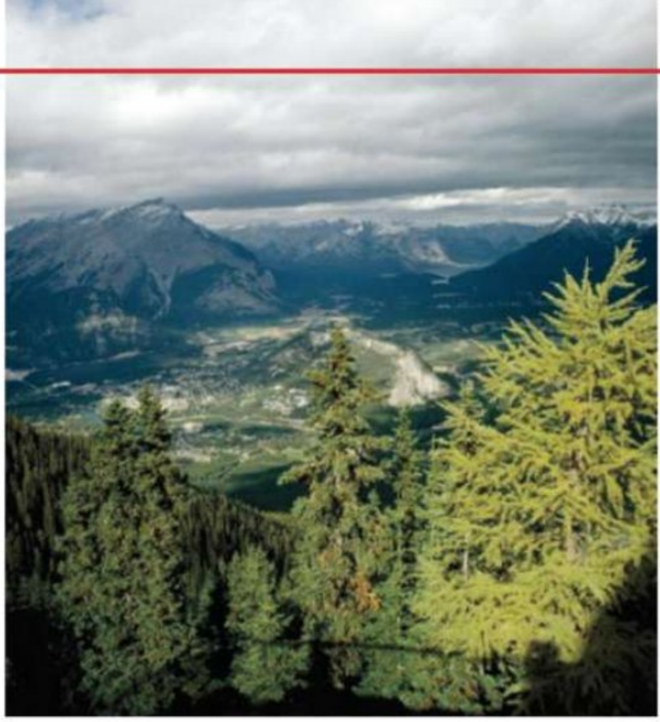
Penning lyrics filled with personal experience and belting out emotional songs lets Kellylee Evans live her dream – and helps others live out their dreams, too.

She endured a near-death experience – she rolled over on her ankle in a tennis game and then suffered a severe allergic reaction to the Aspirin prescribed for her injury – and watched her mother pass away as a result of cancer, before her husband finally said, "Never in the whole time I've known you did you want to be a tennis player. You always said you wanted to be a singer, so why don't you write a song instead of learning how to serve?" So Kellylee wrote five songs, some of which became the singles on her 2006 debut album, *Fight or Flight*.

Since then, the award-winning jazz vocalist and songwriter has released a second CD, *The Good Girl*. "A lot of my songs have to do with making your own choices and living for who you want to be, and I find a lot of people who listen to my music really identify with that," says Kellylee, who also inspires others with her charity work, including performances for Alli's Journey, Stars on Spadina, Turtle House Art/Play Centre and the YWCA Girl Jam in Toronto. *– Melissa Sundardas*







THESE BOOTS WERE MADE FOR CANADA

Show your true patriot love by putting your feet into a pair of rain boots with bold maple leaves. These limited-edition boots from Rockport feature shock-absorption and cushioning in the soles for extra comfort. $80, rockport.com.

DON'T STOP AT A TREE, HUG THE ENTIRE PARK!

Commemorate National Parks Day (July 17), a celebration of parks and historic sites across Canada, with a walk, picnic or impromptu soccer game at your neighbourhood park. This year, Parks Day will pay special tribute to the 125th anniversary of the creation of Banff, our first national park. **This summer, explore the beauty that Canada has to offer. Visit canadianliving.com/july to check out seven great Canadian canoe trips.**

July 26

is National Drowning Prevention Day. Drowning is the third most common cause of accidental death in Canadians under 60, according to the Lifesaving Society. So before you cool off with a cannonball into the pool, remember to be water smart. For more info, visit lifesaving.ca. Whether you're heading to the lake, ocean or local pool for a dip, visit canadianliving.com/july for tips to keep you and your family safe.



LIKE A WAVING FLAG

Lose the forks and pick up food with these easy to make fun flags. Cut out a diamond shape from a sheet of craft foam with pinking shears. Place a toothpick along the centre and fold one half over the other, using craft glue to adhere sides. Let dry and let your little flags wave in cheese and veggie platters (and ice cream cones!) across the land.

PHOTOGRAPHY, PAUL CHMIELOWIEC (TOP LEFT AND BOTTOM); PHOTOS.COM/THINKSTOCK


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DOES MY PET NEED SUNSCREEN?

Yes, pets are susceptible to sunburn and heat stroke. If your pet is going to be outside for an extended period of time on a sunny day, protect exposed areas of skin with a sunblock that's safe to use on young children. A thick coat of hair and pigmented skin will help protect your pet, but hairless breeds, light-coloured cats and recently shaved animals are at greater risk. Heat stroke is more of a concern. All pets' activities should be restricted on warm days and, if they're outside, they need access to shade and water. If dogs overexert themselves on warm days, their core body temperature increases, which can lead to death. Never leave a dog in a car on a warm day; the animal can overheat in minutes. If you suspect your pet has overheated, cover him with towels soaked in lukewarm water and take him to a vet immediately.

– Dr. Scott Bainbridge, Queen West Animal Hospital, Toronto



TINY ARTISTS AT WORK

"My boys, Matthew, 5, and Ryan, 2, love to paint, so I divide the paint colours in an ice cube tray and use the empty slots to make new colour combinations. They love to mix hues and watch them transform into new ones, which we create names for – Matthew's favourite is Doc Blue (named after Doc from the movie *Cars*). Then I just rinse the tray and it's ready to use again."

– Olga Goncalves-Costa, administrator

PHOTOGRAPHY: PAUL CHMIELOWIEC (LEFT); GEOFF GEORGE (RIGHT)


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Summer Passions

Canadian Living and French Cross bring you five easy ways to enjoy simple warm-weather pleasures.

BY E.R. LeCLAIR

Many of us grown-up types get wistful – downright starry-eyed – at the mention of summer. Without much bidding, we're suddenly adrift in a sea of nostalgic images of frolicking summer outings from our childhoods. Alas, there's the rub: As adults, the mere whisper of summer has us either longing for long-past childhood vacations or planning upcoming family vacations, booking camps for the kids, perusing cottage rentals and deciding which of our children's friends we'll take along. All good stuff, but we don't often stop and think about the pleasures of here and now.

So here are a few suggestions for how you can take time to relax and rejuvenate – and spend a little time focusing just on yourself – during the heady days of summer.

1. BREAKFAST OUTDOORS

Toss on your bathrobe first thing in the morning and head out to the patio, backyard or balcony with a cup of freshly brewed java and some warm croissants. Enjoy that French bistro feeling on a weekday morn.

2. BAREFOOT IN THE PARK

The feel of the grass under your bare feet will instantly transport you back to carefree summer days. Stop at a local parkette or your favourite green space on the way home from work, kick off your shoes and take five – just for you.

3. SPRITZER AND A FOOT RUB

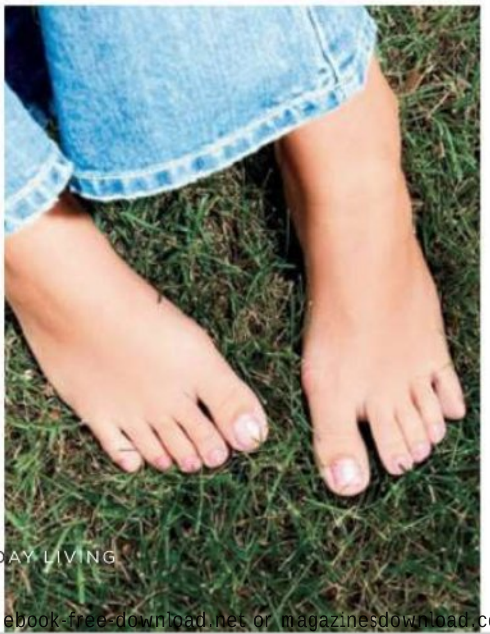
You don't need to book a spa date for some good old-fashioned pampering. Kick back on the porch with some tranquil tunes on the CD player and a sparkling spritzer in hand – and cajole your partner into giving you a foot massage.

4. SUNSET BY THE WATER

When dinner is over and the dishes are done, you can hop in the car or on your bike – with or without the kids in tow – and head to the nearest lake, beach, riverbank or creek. Few things are more soothing than a burbling brook or the lapping of ocean waves at the end of the day.

5. ENJOY A STARRY NIGHT

Grab a blanket, find a spot in the backyard or a local green space, and spend 20 minutes watching the night sky. It's impossible not to feel like a kid again when you're looking for the Big Dipper.



SIMPLE PLEASURE: A GLASS OF WINE

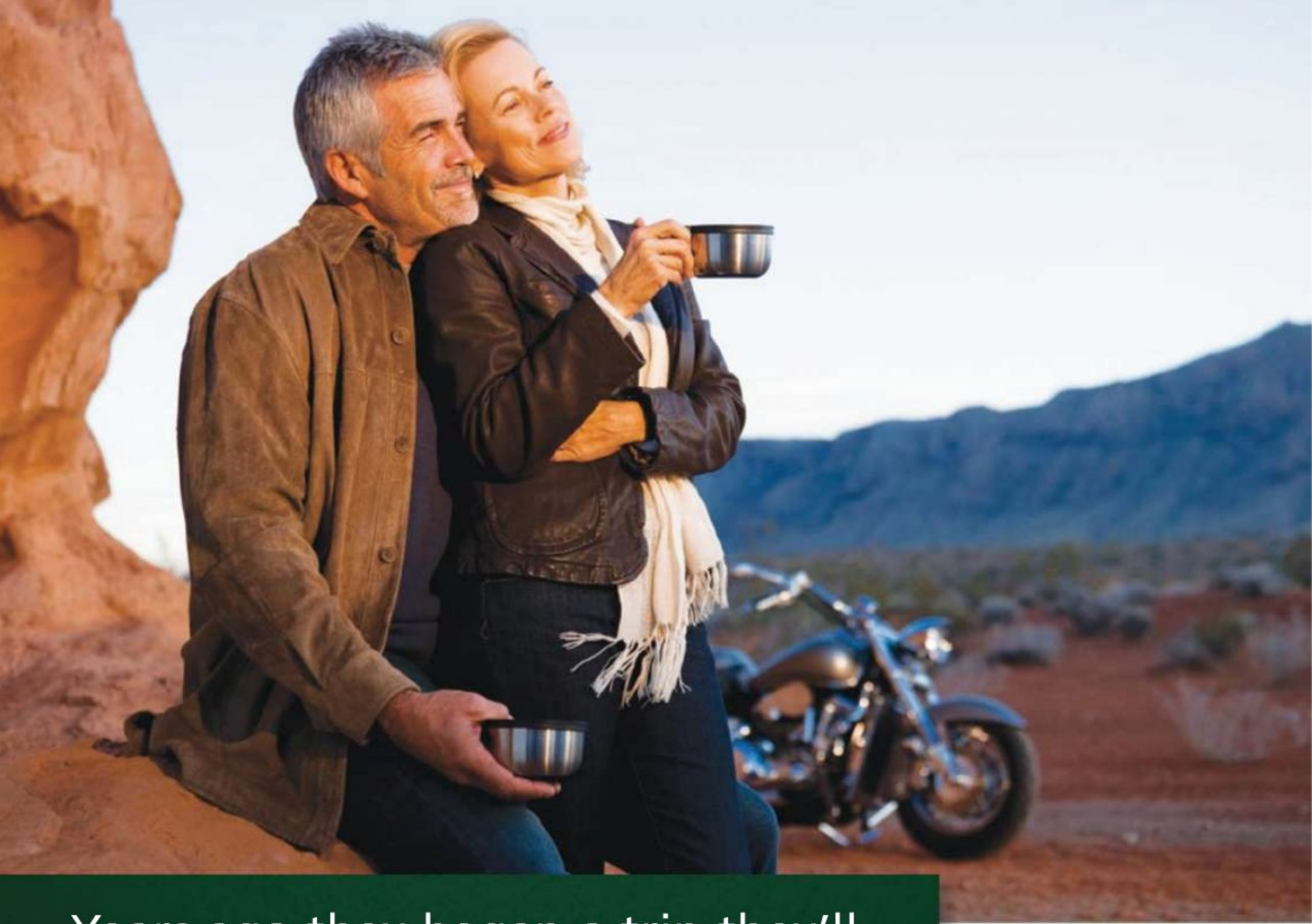
Whether you're throwing a party or just like to enjoy a glass of wine in the evening, a four-litre cask is perfect to have on hand.

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PHOTOGRAPHY, THINKSTOCK/JUPITERIMAGES (BOTTOM)



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Make a Splash

Don't fight it. Flaunt it! It's time to find a swimsuit that's perfect for your real-life shape.

BY KAREN KWINTER | ASSISTANTS, JULIA MCEWEN & KATHERINE FLEMMING

PHOTOGRAPHY BY KEVIN HEWITT | PHOTOGRAPHED AT THE BOULEVARD CLUB, TORONTO



CROWNING GLORY Dip into the water with a glamorous retro swim cap that looks chic and keeps hair protected. Vintage swim cap, Courage My Love.

MAKEUP BY MICHELLE ROSEN, TRESEMMÉ HAIR CARE/JUDYINC.COM
HAIR BY ADRIANO MORASSUT, TRESEMMÉ HAIR CARE/PLUTINO GROUP



On Debbie: Ruched suit with gold hardware, Winners, $30.

On Brittney: Goddess Maillot, Seafolly, $210.

On Kylanna: Bandeau, $35; and button shorty, $37; both Gap.



On Frankie: Halter-top one-piece, La Blanca, $128.

On Janice: One-piece tank, Lands' End, $70.

On Christine: One-piece suit, Sunflair, $155.

There's no need to hide under a sarong all season. These real women show there's a swimsuit for every size and shape.



Christine, 57, periodontal office manager
An exposed zipper creates a slimming line down the centre of your torso.
Tuxedo high-neck tank, It Figures!, $85.



Janice, 48, mother of two and pharmaceutical company coordinator
Strategic side ruching cinches your waist and an asymmetrical neckline adds interest.
Women's tummy-control solid one-shoulder tank, Lands' End, $63.


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9:00pm
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Put it to the test and make your smooth last into a second day! Pantene found that medium to thick hair absorbs up to 40% more moisture** – and poof – here comes the frizz! So Pantene custom designed a system that HELPS SEAL SMOOTH IN, SEAL MOISTURE OUT.
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**vs. fine hair.
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Kylanna, 35, singer
Vertical lines create the illusion of a longer torso. One-piece suit, Roots, $70.



Frankie, 21, makeup and aesthetics student
An underwire top gives your chest a defined shape, while feminine details create curves. Loop Front Booster Bra, $96; and Sash Band Pant, $72; both Seafolly.



Debbie, 49, fashion consultant
A nautical-inspired two-piece slims a long body. Tankini, Winners, $30.



Brittney Fisher, 24, winner of Canada's Next Plus Size Model
Stand out in a medium-size pattern in a cheery shade. Tankini, Always for Me, $83.

MORE SWIMSUITS FOR YOUR BODY TYPE

For additional fit tips and advice on getting suited, visit us at canadianliving.com/july.



IF YOU HAVE A SMALL BUST: Rows of tiered ruffles and a padded top add volume to your chest. Top and bottom, $7 each, Walmart.



IF YOU HAVE A LARGE BUST: A bra-like top with underwire and adjustable straps provides support. Maillot with moulded bra, Sea Queen, $40.



IF YOU HAVE A STRAIGHT FIGURE: Feminine details such as embroidery and lettuce edges define your bust, and side ties create curves. Tankini, Old Navy, $23.



IF YOU HAVE A FULL FIGURE: Solid side-panelling slims your upper half, while ruching hides tummy problems. Tankini top, $111; and hipster bottoms, $48; both La Blanca.



IF YOU HAVE LARGE HIPS AND THIGHS: Detract attention from your lower half with an embellished neckline and a dark colour closer to the bottom. One-piece suit with necklace, Winners, $40.



IF YOU HAVE A BELLY: A one-piece suit will hold you together, especially if it has a thick fabric that incorporates ruching down the midsection. Pearl shirred one-piece halter, Tommy Bahama, $123.

For shopping information, see page 180

PHOTOGRAPHY, LUIS ALBUQUERQUE. OFF-FIGURE STYLING, JEANIE LEE/PLUTINO GROUP


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Daily Moisturizer
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Add Time to your day



Wish you had an extra hour in your day? Well, your body may be telling you something. Studies suggest that your body's natural rhythm is intuitively set to a 25 hour clock. Imagine what you could do in that extra hour? However, without an official change in the hours in our day, we must come up with other ways to save time. Here's how!

Top 10

Every day, make a list of your Top 10 priorities you must get through, starting with the most pressing. This helps keep you on track and away from time wasters.

Just Add Water

Shave time off your beauty routine with **Schick® Intuition Plus®**. Designed with your busy life in mind, the four blades are surrounded by a skin conditioning solid that lathers when wet, eliminating the need for shaving cream – so you can lather, shave and moisturize in one easy, time-saving step!



Intuition Plus

Mid-Week Shop

Shop, especially for groceries, during off-peak hours. You'd be amazed how empty the aisles are on a Tuesday night and how much quicker you can grab everything on your list!

Wear

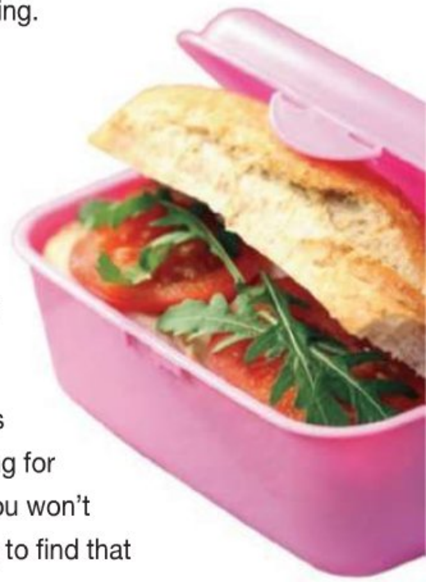
Pick out and set aside what you're going to wear, along with matching accessories, the night before and save time running around looking for your tights and earrings in the morning.

You could Win* your 25th hour



Write a book, sleep more or go to the gym, what would you do with an extra hour in your day? Tell us what your hour would consist of for your chance to win your 25th hour brought to life. Visit **www.trustyourintuition.ca** for contest entry and details.

15 minutes



Take 15 minutes before crawling under the covers at night and make the next day's lunches! You'll thank yourself in the morning for those extra 15 minutes of shut-eye, and you won't be rushing around at the last minute trying to find that box of granola bars!

*No Purchase Necessary. Subject to Official Rules available at www.schick.ca and selecting "Intuition" button. Contest open to legal residents of Canada who have reached the age of majority in their province/territory of residence. Starting at 12:00 am (ET) on April 19, 2010 visit www.schick.ca and complete the Entry Form including telling us in your own words "If there was a 25th hour, what would you do with it?" and upload a photograph or video (optional) of what you would do with a 25th hour. Contest Closes at 11:59 PM (ET) on September 30, 2010. One Grand Prize is available to be won and consists of $5,000 CDN. Odds of being selected for the Grand Prize depend on number of entries received and the score of your entry based on the defined judging criteria as set forth in the Official Rules. In addition there are 24 Weekly Prizes available to be won. Each Weekly Prize consists of $100 Gift Card from one of these locations: Wayspa; Chapter's; or Molly Maid. Weekly Random draws will be held Wednesday following the close of the preceding Contest Week. Odds of winning depend on the total number of eligible entries received from the beginning of the Contest to the close of the specific Contest Week. All selected entrants must correctly answer a mathematical skill-testing question. Limit one entry per person.


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Beauty Refresh

A reader embraces a new life in Canada – and a sleek, modern cut.

BY JULIA McEWEN | ASSISTANT, KATHERINE FLEMMING

PHOTOGRAPHY BY JOSH CORNELL | HAIR BY WORLDSALON

WHAT SHE WANTED

After moving to Canada from Bangladesh four years ago, Shampa Arif decided to make a big change in her beauty routine. Just four months prior to this refresh, she chopped off her hip-length hair, bringing it up to her shoulders. Her styling regimen consisted of using a high-voltage flatiron every other day to manage her coarse, wavy hair. "I never wear my hair naturally wavy," she says. Shampa may have taken the first step by losing the length, but now it's time for *Canadian Living* and our team of experts to help out. The goal? To give Shampa some new colour and a sleek, elegant cut that's easy to style. "I'm ready for a big change," she says.

WHAT SHE GOT

Colour: Shampa arrived at the salon with a one-dimensional shade of black. "Dye has built up on her ends, leaving them with a matte black appearance," says Maria Petrou, senior stylist at WorldSalon. To create dimension, Petrou wove fine vertical slices of highlight all around Shampa's head with a colour remover. Once the lightener was rinsed away, a toner was applied, changing the highlights into a rich, iridescent shade of taupe. "The touch of colour will give her hair life," says Petrou. After the desired shade was achieved, a neutral dark brown colour was applied to Shampa's roots to cover greys.

Cut: "She has very thick, coarse hair and it was all one length," says Petrou. "All this volume was hiding her face." Almost seven inches were snipped away from Shampa's locks, leaving behind a soft and bouncy layered bob. Petrou reshaped Shampa's hair twice, initially while wet and again while dry, giving her a better sense of where the hair would fall when it dries. While blow-drying, she used a small amount of WorldProduct from the salon's private line. "The beeswax gives the hair some hold and the jojoba oil leaves it with natural shine," says Petrou. This new cut will help prevent Shampa from having to resort to daily straightening. "It will be much easier to style," says Petrou.

VERDICT

"Before, my hair was so long that it was making my face look dragged down," says Shampa, who says her bone structure is now more evident thanks to her new cut. While it used to take her more than 30 minutes to blow-dry her hair, she now spends "no more than 10 minutes" styling, which helps because she's busy chasing after her active four-year-old son. In addition to feeling younger, Shampa is enjoying a new body image. "I feel much smaller with less hair around my shoulders," Shampa says.



GET THE LOOK

1. WorldProduct, 58 mL, $19.
2. Aveda Damage Remedy Daily Hair Repair, 100 mL, $29.
3. Sally Hershberger Go with the Blow Thermal Styler, 150 mL, $12.
4. Pantene Medium-Thick Frizzy to Smooth Shampoo, 375 mL, $6.


Before

PRODUCT PHOTOGRAPHY, GEOFFREY ROSS



MAKEUP BY KRISTJAN HAYDEN FOR PLUTINO GROUP. CLOTHING, GAP AND BANANA REPUBLIC. ACCESSORIES, LIA SOPHIA

Shampa Arif, 32, mother of four-year-old Samir Shaswon Arif


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Drew Barrymore is wearing
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No more masky, heavy makeup—try the lightweight Clean formula that's just right for you. Clean normal, oil control, and now, New Clean for sensitive skin that's 100% fragrance and oil free. Discover the clean that's sensitive to your needs.
Take beautiful back @ covergirl.ca
easy breezy beautiful COVERGIRL
Find the Clean liquid and pressed powder for your skin type.

Editor's Choice

Stock your beauty cache with a Canadian-branded lipstick, blush or lotion.

BY JULIA McEWEN





PATRIOTIC LIPS

Showing your national pride has never looked so stylish. This July 1, consider it your civic duty to sport beautiful bright red lips. Check out our roundup of bold red Canadian lipsticks.

1. Pink Beauty Luscious Lip Sheer Lipstick in Elsie, 4 g, $27.
2. Lise Watier Rouge Gourmand in Hot Coco, 4 g, $18.
3. Vasanti Lipstick in USA, 3.5 g, $15.
4. Joe Fresh Matte Lipstick in Bordeaux, 3.3 g, $6.
5. Cargo Plant Love Lipstick in Maria, 4 g, $20.
6. Caryl Baker Visage Matte Lipstick in Roseberry Earth Plum, 4 g, $17.50.
7. M.A.C Lustre Lipstick in Lady Bug, 3.5 g, $16.50.

PHOTOGRAPHY, GEOFFREY ROSS



DIY TAN KIT

We admit that it isn't always easy to get a simulated summertime glow just right. What's good for one woman's skin tone might be a streaky orange nightmare for another. But with this coast-to-coast crop of sunless-tanning aids, mastering the art of a perfect faux glow has never been more achievable.

1) Exfoliate. Bella Pella Sugar Scrub, 300 g, $20.

2) Soften skin. The Soap Girl Coconut Lime Whipped Shea Butter, 142 g, $23.

3) Hydrate dry patches. Revolution Organics All-Over Body Balm, 15 g, $34.

4) Apply tanner. GlowFusion Micro-Nutrient Face and Body Natural Protein Tan, 148 mL, $62.

5) Wash hands. LoveFresh Pear Wash, 500 mL, $18.



NATIONAL TREASURES

We covet these beauty products from our home and native land. These Canuck cosmetics are all you need to create a flawless complexion this summer. It's good to be Canadian, eh?

- **Bronzer:** Radiant FX Luminescent Mineral Powder, 13 g, $32.
- **Foundation:** Cargo Tinted Moisturizer SPF 20, 50 mL, $34.
- **Concealer:** Joe Fresh Duo Concealer, 4.5 mL and 1.4 g, $8.
- **Highlighter:** Caryl Baker Malibu Beach Blusher, 14 g, $29.50.
- **Blush:** Pink Beauty Cream Radiant Rouge in Allure, 5 g, $23.

For shopping information, see page 180



BIG BODY

Ojon Corporation, based in Burlington, Ont., entered the major leagues of beauty after it was acquired by Estée Lauder in 2007. This prestigious natural hair-care brand uses sustainable ingredients hand-harvested in the Central American rainforest. Its newest offering is a whipped mask that gives fullness to fine hair using wheat, soy and keratin proteins. The best part? You only have to leave it on for two minutes to let it do its magic. Ojon Volumizing 2-Minute Hair Mask, 197 mL, $38.


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Seven anti-aging benefits.
All in one elegant little package.
brighten
lock in moisture
refine look of pores
look smooth
reduce look of lines
even tone
hydrate
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OLAY
total effects
OLAY
OLAY
total effects
7
Olay Total Effects helps reduce the look of lines and pores, make skin look smooth, even tone, brighten, hydrate and lock in moisture. You wouldn't believe that in this one little package live seven amazing skin benefits.
Love the skin you're in.™
total effects

test driven

Homegrown Heroes

Will these products really deliver on their style promises? Our readers think so.





SHĀTOBU WAIST TO KNEE CALORIE BURNING SHAPER, $50, claims to shape, tone and burn calories while you're doing everyday activities such as running errands. Through resistance-band technology, smoothing fabric and a nonbinding waistband, the shaper claims to burn up to 12 per cent more calories per day than you otherwise would.

THE VERDICT

"It was comfortable to wear and can easily be hidden under leggings or pants. The ergonomic design didn't constrain my movement and created an attractive hold and body line for snug dresses!"

– Julie Greczko, Montreal, reader

EDITORS' NOTE

After relying on various flesh-pinching body shapers over the years, we were left slack-jawed at how comfortable these felt (and how loose our jeans were!) as soon as we slipped them on. We wore them dog walking, grocery shopping and for a full day of running around the office.

HEIKO PHYSICAL SUNSCREEN UVA AND UVB ULTRA PROTECTION CREAM, 150 mL, $30, is made in Quebec and uses zinc oxide to physically block harmful UVA and UBA rays without the use of harsh chemicals.

THE VERDICT

"I hate sunscreen, but I hate burning even more. This was easy to apply (I could see where it ended up) and it didn't budge, even after hours of swimming at the beach. "

– Tim Mahon, Aurora, Ont., reader

EDITORS' NOTE

We were smitten as soon as we heard it was free from parabens, PABA, parsol, synthetic fragrances and dyes. But what really won us over? Postapplication, we had zero chalky residue and smelled like real lavender.

JOE FRESH STYLE NAIL POLISH, 6 mL, $4 EACH OR THREE FOR $10, comes in a selection of classic colours and trendy shades. The formula is free from toluene, camphor and formaldehyde. The best part? The hue you see in the bottle is what you get on your nails.

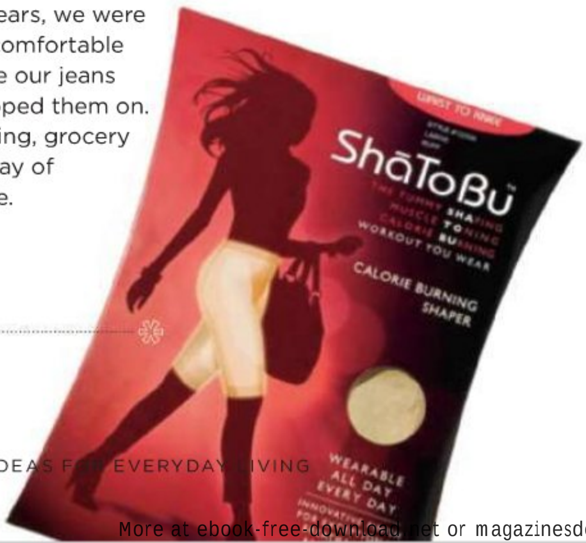
THE VERDICT

"The polish dries very quickly, and after only two coats it stays on for several days without chipping. I love the shiny, glossy finish. My hands and feet are ready for summer!"

– Katie Collins, Vancouver, reader

EDITORS' NOTE

We're loving the limited-edition hues, particularly the creamy colours. The softer shades tend to go on a tad streaky, so don't skimp on the base coat and be sure to apply two heavy-handed coats of colour. We adore the variety of varnishes and the price is unbeatable – you've done it again, Joe!



FOR SHOPPING INFO, SEE PAGE 180. PHOTOGRAPHY, GEOFFREY ROSS



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deep penetrating moisture
body wash
SHOWER WITH THE
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New Olay Total Effects Anti-Aging Body Wash
Improve elasticity, relieve dryness, deeply condition skin and more as the tried and trusted facial anti-aging ingredients of Total Effects are combined with advanced body cleansing. Shower your way to younger-looking skin and fight 7 signs of body aging all in one.
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brightens dull skin
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Style Matters



AU COURANT

Try dipping your nails into some playful polishes. These milky shades are showing up in pops of robin's egg, peeks of sunny lemon and creamy colours of lavender and blush. Choose a pastel with an opaque finish – lacquers filled with glitter have a tendency to look juvenile. Here are our polish picks for summer.

- **Sally Hansen Complete Salon Manicure in Yellow Kitty, 15 mL, $8.**
- **Chanel Le Vernis Nail Colour in Nouvelle Vague, 13 mL, $26.**
- **Bourjois Paris So Laque Ultra Shine Nail Enamel in Rose Lounge, 10 mL, $10.**
- **Joe Fresh Style Nail Polish in Grape, 6 mL, $4.**
- **Revlon Nail Enamel in Lilac Pastel, 14.7 mL, $6.**
- **Joe Fresh Style Nail Polish in Mint, 6 mL, $4.**

PHOTOGRAPHY, DAVID BAGOSY

HIGH–LOW

Squint much? Opt for stylish reflection-deflection technology. Much like Tom Cruise's memorable glide in *Risky Business*, Ray-Ban Wayfarers are an '80s fan favourite, especially among celebs and fashion-industry insiders. Chic and affordable, these cheeky frames are the pièce de résistance of any outfit.



HIGH: Ray-Ban Folding Wayfarer, $218.

LOW: Joe Fresh sunglasses, $14.



WE LOVE

Prep your wardrobe with this summer's go-to item: the tunic. Great for travelling, tunics are perfect for pulling over a swimsuit or pairing with skinny jeans and sandals or flats – the options are endless. Like the modern renaissance woman who wears it, the tunic knows no bounds, venturing from day to night, casual to chic and everyday to holiday. Lightweight, comfortable and effortless, this piece comes in a variety of colours and prints that will have every woman falling-in-love with her perfect tunic.
Sheer printed tunic, Cassis, $89.

For shopping information, see page 180



LOOK WHAT WE FOUND

Reapplying sunscreen: It's a beauty law you must abide by. Slathering it on over makeup can be annoying, but this mineral-based powder sunscreen from Peter Thomas Roth makes for excuse-proof application. It houses a brush and powder in one slim tube, and the formula's zinc oxide and titanium dioxide shield skin from UVA and UVB rays. It even stomps out shine – can you argue with that?
Peter Thomas Roth Instant Mineral SPF 30, 9 g, $30.



TECHNO-BEAUTY

Dry shampoo – an essential for astronauts and coveted by backstage hairstylists – sops up oil and restores volume in a hot second. Tip: Don't use it the same way you would hair spray. Instead, "spray the hairline and the part line," says hairstylist Kevin Murphy.

- **Kevin Murphy Fresh Hair Dry Cleaning Spray, 200 mL, $22.**
- **Tresemmé Fresh Start Dry Shampoo, 161 g, $6.50.**
- **Klorane Extra Gentle Dry Shampoo, 150 mL, $16.**

PHOTOGRAPHY: DAVID BAGOSY; PAUL CHMIELOWIEC (BOTTOM RIGHT)



Joanne's Picks

Designed to fit your life!



Great designs make an impression, but what makes something extraordinary is when it's functional **too.** Joanne loves innovative products like the ones below, that do double duty and were designed to work better and make life easier.



Smart New Redesign!
- firm gel grip
- hollowed-out thumb rest
- angled neck

Get Organized

What do you do with mail, eyeglasses, papers, magazines, recipes...all those items that create disorganization and chaos on your counters? Keep everything tidy in this rustic wood blackboard box from HomeSense. Plus, the smart blackboard feature is great for writing reminder notes and leaving messages.

REACH® TOTAL CARE™ Multi-Action Toothbrush

The ultimate in design! New ergonomic handle with a precision grip and hole for your thumb, this brush fits better and cleans better. Clinically proven to provide superior cleaning – new REACH® TOTAL CARE™ Multi-Action bristles have polishing elements that reach deep between the teeth and along the gum line to remove plaque from hard-to-reach areas, for a superior whole mouth clean.



It's Stylish to Compost

Talk about smart! This ceramic 3.5L countertop composter from Williams-Sonoma looks great and maintains good air flow to keep contents from spoiling. It has an innovative charcoal filter in the lid to absorb and minimize any odours. And the sturdy design means that it's easy to carry out when it's time to transfer to an outdoor compost bin.

REACH®


COVERGIRL®
DREW BARRYMORE
Lash inserts were applied to add lash count to Drew's lashes before applying LashBlast Fusion mascara.
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lashblastfusion
lashes that want it all, can have it all!
NEW lashblastfusion a dramatic blast of volume and length.
COVERGIRL has gone all out with its first ever volume + length mascara. The fiberstretch formula and oversized brush make every little lash bigger, fuller, longer-looking and more dramatic.* Blast your lashes to bold levels of length and volume with new LashBlast Fusion.
easy breezy beautiful COVERGIRL
Take beautiful back online or from your mobile @ covergirl.ca
*vs. bare lashes Drew Barrymore is wearing LashBlast Fusion in Very Black.

LOSE WEIGHT At Any Age

There are huge benefits to shedding excess weight. Healthy eating and smart choices are the keys to success – whether you're in your 20s, 30s, 40s, 50s or older.

BY KATHRYN DORRELL, WENDY GRAVES & DANIELA PAYNE



PHOTOGRAPHY, CARDMAVERICK/ISTOCKPHOTO

THROUGH THE AGES

The basic weight-loss strategy for all women is pretty straightforward: eat well and be active. But you can focus your efforts for every stage of your life.

IN YOUR 20s

• Push yourself. At this age you can be more aggressive with your workouts – run longer, lift heavier weights – because your body recovers more quickly. "This is your time to build a foundation and help offset problems later in life," says Pamela Mazzuca Prebeg, fitness columnist for *Canadian Living*, an athletic therapist and personal training specialist in Toronto. To optimize your weight-loss efforts, include a healthy mix of cardio exercise and strength training in your workout plan. For cardio, aim for three or four 35- to 40-minute sessions each week; for strength training, try for two or three 30- to 45-minute sessions each week.

• If you become pregnant, stick to the weight-gain guidelines recommended by your family physician. By not putting on more than 24 to 35 pounds, you'll be less likely to battle a weight problem after your baby is born. "The more overweight you are, the less weight we recommend you gain during pregnancy," says Dr. Dara Maker, a family physician with Women's College Hospital in Toronto. She adds that weight gained early in a pregnancy is more difficult to lose.

GETTING STARTED

OK, so you've decided that it's finally time to lose that freshman 15 – 20 years after you were a freshman. You know you need to start eating healthier and being more active. Having the right mind-set will make committing to these lifestyle changes a breeze. And we're here to help with tips that work – whether you're a new graduate or an empty nester. (For age-specific advice, check out "Through the Ages," this page.)

• **Believe you can do it.** "People who believe that they can reach a healthier weight through healthy eating and active living set relevant goals that they perceive to be important for the desired change," write Thich Nhat Hanh and Dr. Lilian Cheung in their book, *Savor: Mindful Eating, Mindful Life* (HarperOne, 2010).

• **Write it down.** In *Savor,* Hanh and Cheung encourage people to write a healthy-weight mission statement and post it in a place where they will read it often. Set concrete, achievable goals, which you can revise as you progress. Here are a couple of their examples.

- "Through being more mindful and paying better attention to my health and well-being, I will lose 25 pounds by (insert date) and keep it off over the following year and beyond."
- "I will walk at least 5,000 steps (measured by a pedometer) or half an hour every day, and slowly increase this each week until I reach 10,000 steps or one hour per day."

• **Hold yourself accountable.** Let a friend or family member in on your weight-loss goals. By putting your plan out there, you're making a commitment not only to yourself but also to that other person, who will likely be asking you how it's going, says Pamela Mazzuca Prebeg, a fitness columnist for *Canadian Living,* an athletic therapist and personal training specialist in Toronto.



• **Create a support group.** It's tough to make changes, such as eating less and exercising more (the two biggest keys to weight loss), on your own. That's why experts encourage you to build a support group of people who will cheer you on and help you get over the rough patches. In his book, *Move a Little, Lose a Lot* (Three Rivers, 2009), James A. Levine, an international expert on obesity who works with the Mayo Clinic in Minnesota, says your support system "can be made up of people you meet with in person or online. Think of all the people you come in contact with in your life. Which can be your potential allies, offering you support in myriad small daily actions?" And bring your hubby on board: Researchers at Stanford University, in California, found that adults who start a wellness program with their partners are much more likely to stick to it than those who go it alone.

• **Use technology to boost your efforts.** Announce your weight-loss goals on your Facebook page and your friends can provide instant feedback and encouragement, suggests Kathy Maier, owner and wellness director of Only Women's Fitness in Lethbridge, Alta. You can find free healthy recipes online, as well as fun exercises to try at the gym or home, local fitness classes and weight-loss tips. And think about adding a couple of nutrition apps to your smartphone;

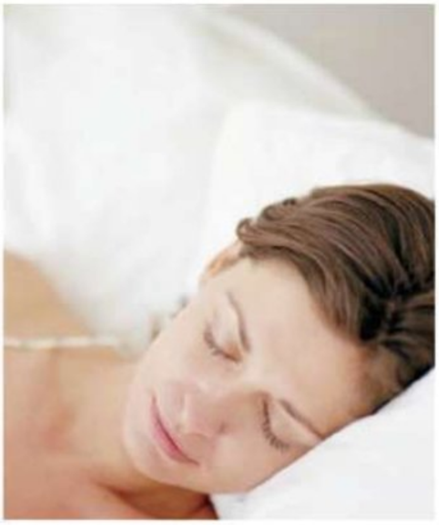
PHOTOGRAPHY, JUPITERIMAGES/THINKSTOCK

whether you're a 26-year-old with a toddler or a 46-year-old with a couple of teenagers, you can search and instantly find healthy restaurants the whole family will enjoy.

Here's another way you can make technology your weight-loss ally: The Heart and Stroke Foundation has introduced the Heart and Stroke Healthy Weight Action Plan – a free, personalized, 12-session online resource – to help you get to, and stay at, a healthy weight. The program includes a web-based counsellor. Go to heartandstroke.ca/hwplan.

• **Make small, lasting changes.** These can include eating breakfast every morning, walking 20 minutes a few times a week and saying no to dessert. If you think these efforts won't help you lose all the weight you want, think again: The authors of *Savor* say that even if you change only one unhealthy habit each week, that's 26 changes in six months – and 52 changes in one year.

• **Get enough sleep.** The Nurses' Health Study, from the Harvard School of Public Health, in Boston, followed 70,000 women for 16 years. The study found that women who get less than five hours of sleep each night are 15 per cent more likely to become obese than those who get seven hours of sleep per night. A lack of sleep decreases the amount of leptin (a hormone that's secreted by your fat cells and regulates your appetite) in your body. "If your leptin levels are low, your body thinks it needs more food and you tend to eat more, or even overeat," says Dr. David Posen, a physician in Oakville, Ont., specializing in stress management and author of *The Little Book of Stress Relief* (Key Porter, 2003).



PHOTOGRAPHY, NICK WHITE/THINKSTOCK

Dr. Jonathan Kerr, a family physician in Belleville, Ont., adds that if you're tired, you're less likely to get up in the morning and hit the gym before work. "If you're able to get eight hours of sleep a night, you'll find you'll have more energy for your workouts," says Kerr. Sleep also helps you maintain a healthy metabolism and gives your muscles time to regenerate and regain strength after a workout.

• **Watch less TV.** The Nurses' Health Study also found that for every additional two hours of television women watch each day, their risk of becoming obese increases by 23 per cent. Surprisingly, getting a lot of physical activity doesn't offset the effects of TV watching. Even among the most active women, those who watch more than 20 hours of television per week have a higher risk of becoming obese than those who watch less than six hours of television per week.

• **Give away your "fat" clothes.** In his book, Levine says, "When my clients start gaining weight, the first thing many do is slip into their baggy clothes. That's a mistake, because too-large clothes send your brain the message that your weight is A-OK. In fact, since your clothes are so loose, your brain actually thinks you can probably afford to eat more if you like."

While it may not be comfortable, Levine says wearing clothes that are slightly snug sends a cue to your mind and your muscles to get up and move, and makes you think twice about the foods you choose. »

IN YOUR 30s

• Enjoy a protein-rich afternoon snack every day. Low-fat cheese and yogurt are good options. It's easy to be busy in the afternoon and skip your snack, but this will only lead to bingeing in the evening.
• Plan meals in advance. "This is the time where you have to juggle everything: kids, running a house, work and exercise," says Lori Kennedy, a registered holistic nutritionist at Positive Lifestyles Nutrition and Wellness in Toronto. "Freeze meals so on busy nights you aren't ordering in pizza."
• Take a weight-loss-specific multivitamin.

IN YOUR 40s

• Be aware of slowing metabolism. A decreasing metabolism makes you more vulnerable to weight gain. To keep it up, continue to do weight-bearing activities. You can also stay hydrated, decrease your portion sizes a tad and consume less alcohol, says Joey Shulman, a registered nutritionist and founder and CEO of Shulman Weight Loss Clinic in Thornhill, Ont.
• Spice up your workouts. "You want to start lowering the impact on your joints," says Mazzuca Prebeg. "This is a good time to introduce cycling as either an alternative or complement to running. And try Pilates as well, to maintain your core strength."

IN YOUR 50s AND BEYOND

• Work to maintain your muscle mass. Losing muscle makes it harder for you to burn calories. At this age, your strength-training workouts should become more functional in nature, in that they mimic your everyday activities. Try repetitions of squats, back rows and chest presses.

• Get enough vitamin D. Dr. Jonathan Kerr, a family physician in Belleville, Ont., recommends 1,000 international units a day, as well as adequate amounts of calcium to keep bone strength high. "This combats the general shift from more muscle to more fat," he says.

BEST RESULTS

Watching fitness videos is a great way to motivate yourself to exercise and lose weight. For workout videos featuring fitness expert Pamela Mazzuca Prebeg, visit canadian living.com/july.

• **Don't let setbacks get you down.** If you have a bad day at work and decide to skip your exercise class and just go home, grab a spoon and sit down with a tub of ice cream, don't beat yourself up and abandon your goals: we all have days when things go off the rails. Just remind yourself of the progress you're making.

EAT WELL

Tending to your nutritional health is vital to both losing weight and maintaining a healthy weight, says Dr. Joey Shulman, a registered nutritionist and founder and CEO of Shulman Weight Loss Clinic in Thornhill, Ont. Following these easy tips and tricks will have you looking and feeling great in no time.

• **Be a label reader.** When buying snacks, breads and cereals, "look for things that are made with whole grains, not refined flours, and be wary of things that say 'made with,' which indicates only a little has been added in," says Shulman. Look for products that are 100 per cent whole grain or whole wheat.

• **Always eat breakfast.** Skipping breakfast will have you hitting the vending machines come 3 p.m., snacking while you prep dinner and overfilling your plate when you eat. Shulman recommends having protein at breakfast; it keeps you full longer, helping to curb snacking, and gives you an extra jolt of energy for the day. Your kids will love eggs, natural peanut butter on their toast and a small amount of cheese before heading off for school. And whether you're 25 or 55, a handful of nuts or some quinoa will give you a protein boost to get you ready for that big presentation at work.

If you love breakfast cereals, says Shulman, practise the "five in five" rule: Pick a cereal that has five or more grams of fibre and less than five grams of sugar per serving.

• **Top-load your days.** "Eat breakfast like a king, lunch like a prince and dinner like a pauper," says Shulman,



who recommends filling up on a breakfast of 300 to 400 calories, eating a lunch with a similar calorie count, enjoying two healthy snacks throughout the day and finishing with a light dinner.

• **Practise the mantra, "nutrient-dense, calorie-light."** Repeat this over and over again until you've filled your grocery cart with foods that are high in vitamins, minerals, phytochemicals and fibre, such as fish, poultry, fruits and veggies, and whole grains. "Nutrient-dense, calorie-light foods fill you up," says Shulman. "[Avoid] the products where 14 ingredients are listed, or the first words end with an 'ose' [such as glucose, fructose]."

• **Be aware of what you eat.** Have you ever opened a package of chips and five minutes later found yourself staring at an empty bag? We've all been there. Experts call this "mindless eating." The trick to beating it is practising mindful eating: paying attention to what goes on your plate, and eating slowly and enjoying your food.

Sound too New Age for you? Consider this: Researchers asked 30 women to eat a meal quickly and, several days later, to eat a meal slowly, then measured the amount »

PHOTOGRAPHY, GEORGE DOYLE/THINKSTOCK


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EXCLUSIVELY IN PHARMACIES
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LABORATOIRES
[1]Upper layers of the skin. [2]Self-evaluation by 52 women. [3]Clinical test on 40 women.
[4]Clinical test on 39 women. [5]In vitro test. *AC Nielsen, Pharmacies, Canadian sales in $, 2009.

of food they ate and how satisfied they felt at the end of each meal. When the women ate slowly, they consumed fewer calories and drank more water than when they ate a meal rapidly. After the slow meal, they reported greater satiety than they did after the quick meal.

• **Fill up on fruits and veggies.** A recent study published in the *American Journal of Clinical Nutrition* found that men and women who include large helpings of fresh fruits and veggies in their diets lose 33 per cent more weight after six months than those who focus only on cutting back on fat.

• **Drink at least two litres of water a day.** Water not only keeps your body working properly, but it also helps you metabolize fat – and it doesn't add to your daily calorie count. "It also prevents you from eating when you're not hungry, but actually thirsty," says Mazzuca Prebeg. Kerr adds, "If you drink water with or between meals, it keeps your stomach relatively full and then you're not needing to snack as much."

• **Regulate your calorie intake.** Say no to processed foods and yes to veggies and high-fibre choices. Kerr says eating more protein and vegetables than carbs will make you feel more satisfied. "So you don't need to take in as many calories to still feel full." Try this menu for a satisfying dinner: half a plate of cooked fresh vegetables, one-quarter plate of a lean meat, such as chicken, and one-quarter plate of carbs, such as a baked or mashed potato. High-fibre foods can also help you feel full for longer. Good choices include rolled oats, bran cereal, lentils, black beans, whole wheat spaghetti and raspberries.

• **Keep healthy snacks, such as vegetable sticks, on hand for stressful times.** Feeling stressed can lead you to seek out comfort foods, which are usually high-fat choices such as potato chips and ice cream, says Posen. A high-fat diet, in addition to being high in calories, will also stimulate cortisol production, which leads to insulin resistance. "When you're insulin-resistant, glucose can't move into the cells to be burned as fuel; it ends up being stored in the body as fat," says Posen. "That can lead to weight gain and, ultimately, type 2 diabetes."

• **Pass on the pop.** The Nurses' Health Study found that women who increased their consumption of sugary drinks from one or fewer drinks per week to one or more per day gained more weight over a four-year period than women who cut back on sugary drinks. And according to a study published in *Physiology and Behavior,* dieters who drink soda regularly have higher body mass indexes than those who don't.

• **Become a teetotaller.** Alcohol has empty calories and will do nothing for you except help you pack on the pounds – and leave you with a nasty hangover. But if you do decide to have some alcohol during your girls' getaway or weekly bridge night, choose a sugar-free mixed drink or a dry wine (dry wines have less sugar), says Lori Kennedy, a registered holistic nutritionist in Toronto.

• **Curb nighttime eating.** Overloading on refined sugars and flours before bed can really hinder your weight loss, says Shulman. It tends to result in your body producing too much insulin, which can trigger fat storage.

• **Manage your sweet tooth.** Instead of hemming and hawing over that bag of cookies in the cupboard, put on the kettle and enjoy a cup of tea. Also, flavours such as cinnamon, butterscotch, vanilla and chocolate mint will help keep your cravings at bay. Need some more ways to trick your sweet tooth into satisfaction? "Try veggies, fruit and unsweetened applesauce," says Shulman. »

DON'T GO ON A DIET

"There's lots of research that suggests dieting is actually more detrimental to one's health than just being slightly overweight and maintaining that weight," says Dr. Dara Maker, a family physician with Women's College Hospital in Toronto. What you want to aim for is a permanent change in your lifestyle, eating and exercise habits.

"Some women really excel at a weight-loss program, and as long as it's healthy, I think that's great," says Maker. "But you have to be cautious because there are lots of unhealthy programs out there." Maker and other experts favour programs that encourage you to prepare your own meals as opposed to those in which you buy food. Why? Homemade food is almost always healthier and you'll be saving money while learning nutrition skills you can use for life.

What should you avoid?

• Any program in which your calorie intake drops below 1,200 calories a day. "When you're on such a diet, your metabolism slows down," says Maker. "When you start eating more calories, your metabolism is still very slow and you end up gaining weight."

• Any program in which you need to take any special vitamins or certain kinds of injections. "That probably speaks to the fact that it's not a well-balanced diet and that it might be detrimental to your health in the long term," says Maker.

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[1]Self-evaluation on 52 women. [2]Clinical test on 40 women. [3]Clinical test on 39 women. [4]In vitro test.

• **Indulge occasionally.** Keeping yourself on a strict regimen will only make your cravings harder to curb, says Shulman. So go ahead and eat that brownie on Friday night – just make sure that come Saturday morning you're back on your nutritional A-game. Shulman advises her patients to follow the 80/20 rule: Eat healthfully 80 per cent of the time and allow 20 per cent for indulging on special occasions.

• **Make the most of weekends.** A lack of free time is no excuse to let your diet fall by the wayside. Instead, "practise 'Super Sundays,'" says Shulman. "Getting your food prep done for the week ahead will keep you from falling off track." Keep hard-boiled eggs in the fridge, make sure you have sliced vegetables ready for a quick snack, and keep plenty of easy to grab fruit on hand.

• **Meet with a registered dietitian (RD).** "People will often underestimate how much they're consuming, and they have no idea what a normal portion size is or what a healthy diet would be," says Dr. Dara Maker, a family physician with Women's College Hospital in Toronto. "If you're following up with a dietitian, someone else is checking your progress – and that can be very motivating." Visits with an RD aren't covered by most provincial health plans, but many family doctors work with one. You can also look into whether your work plan will cover the cost; some do. And residents of Ontario (eatrightontario.ca) and British Columbia (healthlinkbc.ca/dietitian) can phone or email a dietitian directly for nutritional advice.

GET ACTIVE

"Losing weight is all about calories in versus calories out," says Kerr. If you burn more calories in a day than you take in, then you won't pack on extra weight. That's why it's so important to be active.

• **Do it in the morning.** Many of us lament that we don't have the time or energy to go for a 30-minute walk or take an exercise class. But we're not letting you off the hook that easily. "It's a good idea if you can get [exercise] done before the kids wake up and you have to go to work," says Mazzuca Prebeg. "By the end of the day you won't have the energy and you probably won't have the time."

• **Turn TV time into workout time.** Get off the couch and do some lunges or squats during commercial breaks. If you can afford to, invest in a piece of home cardio equipment, such as a treadmill or elliptical machine. "It becomes an easy link between the TV and working out," says Kerr.

• **Look for ways to add exercise to your daily routine.** Take the stairs instead of the elevator. Or, if you take public transportation to work, get off a couple of stops early and walk the rest of the way. Levine's book, *Move a Little, Lose a Lot,* has some other suggestions and how many calories you can burn doing them.

• Take your phone calls standing up and pacing (100 calories burned per hour). »



EXTREME MEASURES

If you want to lose weight, you can't avoid getting active and eating healthfully. There's no magic pill for dropping those unwanted pounds. "There are a lot of weight-loss products on the market, but there isn't much evidence that any of them are effective," says Dr. Dara Maker, a family physician with Women's College Hospital in Toronto. She adds that you should check with your doctor before taking anything you find in stores, since the diet industry isn't regulated, and some products contain ingredients that have dangerous side-effects, or may have an adverse reaction with medication you're taking.

"If one of my patients is keen on using a herbal remedy for weight loss, I'll direct her to the Health Canada website [hc-sc.gc.ca/dhp-mps/prodnatur], which has very specific information on which herbal products you can use with caution, which ones have no evidence for [how effective they are], and which products you should absolutely [avoid] using," adds Maker.

Prescription weight-loss medications and bariatric surgery (which reduces the size of the stomach) are options, but only for those who are morbidly obese or diabetic and are struggling to lose weight. "Any type of [weight-loss] medication and surgery needs to be done in concert with lifestyle changes," says Maker, "otherwise they're not going to be effective."

PHOTOGRAPHY, STOCKBYTE/THINKSTOCK



By **Isabelle Neiderer**, Registered Dietitian for Dairy Farmers of Canada **dairygoodness.ca**



Sugar, sugar.

Many Canadians are concerned about the amount of sugar in their diets. Here are some things to know.

NUTRITIOUS MOVES

Thinking about reducing your intake of sugar? Good move! Sweet foods like cakes, candy bars and soft drinks provide calories but few nutrients. However, not all sugar-containing foods are created equal. Research with kids shows that eating nutritious foods, such as breakfast cereals, chocolate milk and yogurt, that have some sugar added to make them tastier, improves diet quality with no adverse effect on weight. In fact, avoiding milk products with added sugar may lower dairy consumption overall, thus reducing intakes of essential nutrients that we tend to be low on, like calcium.

EASY DRINKING

Many popular summer beverages are loaded with calories and added sugar, but few nutriments. Instead of opting for drinks made with sugary syrups, why not quench your thirst and give yourself a tasty nutrient boost at the same time? Drinks made with whole fruit are nutritious as well as delicious. White milk, chocolate milk and yogurt-based drinks have vitamins and minerals galore, plus protein to help satisfy your hunger.

IS THIS YOU?

Canadians tend to drink less milk in the summertime–creating a real possibility of missing out on all sorts of nutrients essential to good health and strong bones. And did you know that consuming enough milk products and calcium, as part of a balanced diet, is associated with lower levels of body fat?

Some great ways to increase your consumption:

- Add a few ice cubes made with chocolate milk infused with mint essence to white milk for a super-cool taste.
- Think cold soups: Purée some milk, plain yogurt, seeded cucumbers with a little crushed garlic, salt and pepper to taste. Chill and sprinkle with chives. Delicious, satisfying and quick!
- Stir a generous spoonful of orange juice concentrate into cold milk. Divine!
- Blenderize melon, milk, and some frozen mango concentrate. Serve over ice–*yum*.

Iced Orange Green Tea Latte

A delicious summer drink. Enjoy over lots of crushed ice for a real treat. Makes 2 servings.

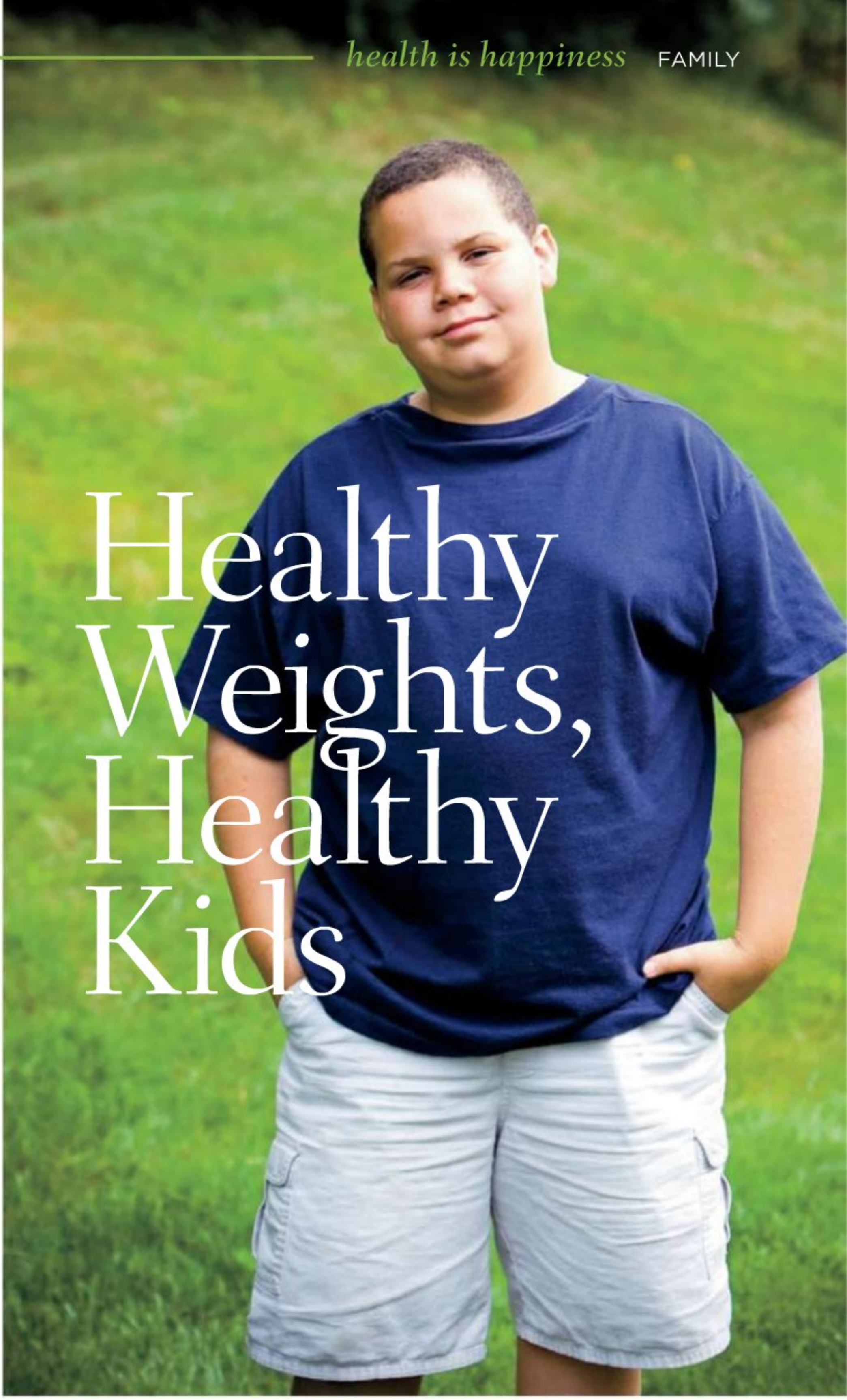
2 cups	milk	500 mL
3	green tea bags	3
2 x ½ po	pieces, peeled fresh ginger	2 x 1 cm
1 tbsp	frozen orange juice concentrate	15 mL
½ tsp	vanilla	2 mL
to taste	Liquid honey	to taste

In a small heavy saucepan, combine milk, tea bags and ginger. Heat over medium heat for about 10 minutes, until steaming, stirring occasionally. Take care not to let milk boil. Remove from heat. Discard tea bags. Cool to room temperature, then remove ginger. Stir in orange juice concentrate and vanilla. Add honey to taste. Chill well, at least 3 hours. Whirl in blender until frothy. Pour over crushed ice and enjoy.



- Tidy up the house by sweeping one room a day (30 calories per 15 minutes).
- Keep flowerbeds looking sharp by pulling weeds, clipping stray grass, raking out dead leaves and twigs (50 calories per 20 minutes).
- Water the garden, plants and grass with a watering can and hose (50 calories per 20 minutes).
- Replace one hour of sitting with one hour of gentle, easy-paced walking (100 to 200 calories per day). At the end of a year, that one hour adds up to more than 20 pounds lost – without going to the gym, changing your clothes or breaking a sweat.

- **Invest in a pedometer.** The numbers don't lie, and if you're slacking off one day, this little contraption will let you know. And seeing the number of steps you walked today may light a little internal competitive fire in you: you'll strive to take even more strides tomorrow.
- **Make it a social event.** Spending time with others in a supportive environment – be it a stroller walking group or a 50 and Fabulous biking club – will motivate you even on days when you don't feel like working out.
- **Up your cardio routine if you're stressed.** Exercise can help with the hormone issues brought on by stress that can lead to weight gain. The solution: get moving.
- **Try circuit or interval training.** Circuit training combines cardio and resistance training in one workout, and is a great way to work your entire body in a short period of time. "Once you hit your 30s, careers and families start to take over and your time is limited," says Mazzuca Prebeg. "Circuit training significantly decreases the amount of time you're working out." With interval training, you alternate high- and low-energy bursts during your cardio routine – be it running, walking or cycling – so you burn more fat now, and continue to burn calories after your workout. Three or four 20-minute sessions a week should do it. Here's one routine suggested by Mazzuca Prebeg.
  - Warm up (walk at 4.8 kilometres per hour [km/h]) for 5 minutes.
  - Walk at 5.4 km/h for 2 minutes.
  - Run at 9.4 km/h for 1 minute.
  - Walk at 5.4 km/h for 2 minutes.
  - Run at 10 km/h for 1 minute.
  - Walk at 5.4 km/h for 2 minutes.
  - Run at 10 km/h for 1 minute.
  - Walk at 5.4 km/h for 2 minutes.
  - Run at 15 km/h for 1 minute.
  - Cool down (walk at 4.8 km/h) for 3 minutes.
- **Build up muscle.** Doing so will boost your metabolism, the rate at which your body burns calories. "Having a higher metabolic rate means you burn more calories even when you're not active," says Kerr. He adds that exercising your large muscle groups – for example, your quads and gluteus maximus (butt) with squats and lunges – is the best way to lose body fat. "It increases the amount of bone and muscle – your lean muscle – you have compared to fat," says Kerr. "The more lean muscle mass you have, the higher your metabolism is. So your body's 'engine' revs a little higher, and thus burns more calories." ■



Healthy Weights, Healthy Kids

You really can help your kids achieve and maintain a healthy weight.

BY SARAH JANE SILVA

Canada's Physical Activity Guide recommends our kids get at least 90 minutes of physical activity every day. But according to the Active Healthy Kids Canada Report Card, only 13 per cent are meeting this goal. At the same time, the Canadian Health Measures Survey shows that the rate of childhood obesity and the number of kids who are overweight have risen significantly over the years. For instance, the percentage of boys ages 15 to 19 considered overweight or obese has more than doubled in the past 15 years and now sits at 31 per cent. Teen girls fare only slightly better at 25 per cent.

Even more disconcerting are current studies that estimate that two- to five-year-old kids who are overweight are four times more likely to become overweight as adults. "Preschool obesity is on the rise in Canada," says Dr. Mark Tremblay, chief scientific officer with Active Healthy Kids Canada. "Yet we do not have physical activity guidelines for children five and under."

What can we do to help our kids? Parents need to walk the walk, says Kelly Murumets, president and CEO of ParticipAction. "If Dad walks home from work every day, and Mom loves her own weekend volleyball tournaments, the kids will pick up on that." Murumets offers these tips.

- Commit to 60 minutes of daily physical activity, including strength, endurance and flexibility exercises. You can break this hour up into smaller chunks throughout the day.
- Use physical activity as a reward. »

PHOTOGRAPHY, THINKSTOCK

For example, if your child does something helpful without being asked, let him spend an extra 15 minutes playing outside.

- Read kids' books that emphasize exercising and healthy eating.
- Create family traditions, such as after-dinner walks or regular family baseball or soccer games.
- Include physical activity in family leisure time and vacations.

On average, fitness levels decline through the teen years and are usually lower for girls than boys. You can reverse this trend by teaching your teens that being active is fun.

A recent study from the *British Journal of Health Psychology* investigated whether emphasizing the emotional benefits of sports and exercise rather than the physical ones increased a teen's level of activity. Good news: Researchers found that teens are more likely to do a physical activity if they believe it's enjoyable. So focus on the fun factor to get your inactive teens moving.

You can also encourage kids of all ages to get involved in school sports. Research shows there's more than just physical benefits. Youth involved in sports are more likely to eat healthfully and less likely to smoke, use drugs, engage in sexual activity, or feel bored or hopeless.

EATING RIGHT

Attitudes toward food and exercise in the home are the social norms that our kids grow up with and accept as their own. This is something Viola Ciebiera, a 33-year-old senior preschool teacher, learned the hard way. "My mom was tough on me about my weight. She would compare me to my older sister, who was skinnier than me. Emotionally that broke me inside," says the Toronto mom of two tweens.

Viola is taking a totally different approach with her kids, opting to educate them on the virtues of »



A WEIGHTY ISSUE

Trends in overweight and obesity rates in Canada, excluding the territories, for kids aged 12 to 17.

OVERWEIGHT/OBESE	
1978–79	14 per cent
1981	12.5 per cent
1988	18 per cent
2003–04	29.5 per cent

OBESE	
1978–79	4 per cent
1981	1.5 per cent
1988	4.5 per cent
2003–04	9.5 per cent

Source: Statistics Canada

NEW HELP

The Hospital for Sick Children in Toronto recently launched a program for teens who struggle with obesity. Those who meet specific criteria will be able to get laparoscopic band surgery, and have access to support groups and a team of health experts, such as a dietitian, psychologist and exercise therapist, to help them develop healthy eating habits.

The program is currently aimed at youths aged 12 to 17. The hospital is the only health-care centre in Canada offering weight-loss surgery for obese kids.

YOU'VE GOT TO MOVE IT, MOVE IT

Even if your kids aren't the most athletically inclined on the block, they can still get in some exercise – no helmet, stick or ball required. Try these fun ideas to get them active.

- Hit the lanes for an hour of bowling
- Jump in the pool for a swim
- Go high-tech with Wii Fit
- Dance to the latest from Justin Bieber
- Take the family dog – or a neighbour's – for a walk around the block
- Grab some chalk and work on your hopscotch skills with them
- Encourage them to race their friends across the playground to the monkey bars
- Have them help you mow the lawn and do yard work
- Go down to the park and throw a Frisbee together.

– Wendy Graves

PHOTOGRAPHY, DIGITAL VISION/THINKSTOCK


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Using a sensitivity toothpaste?
You're not getting all the protection you want.
CLINICALLY PROVEN
With New Crest Pro-Health Sensitive Shield, you get it all.
If you're using a sensitivity toothpaste, you're not getting the protection against tartar, plaque and gingivitis you want. Only Crest Pro-Health* toothpastes have clinically proven active ingredients that protect against sensitivity and all these areas dentists check most.
Crest PRO-HEALTH
SENSITIVE SHIELD
Healthy-Looking, Beautiful Smiles for Life.
*Reduces gingivitis, plaque, tartar, prevents cavities, builds increasing protection against painful sensitivity.
CAVITIES | GINGIVITIS | PLAQUE | SENSITIVITY | TARTAR | WHITENING | FRESHENS BREATH

healthy eating by stocking the cupboards with nutritious food and making time for regular family meals. "My kids help me choose the groceries and enjoy preparing them," she says. "Physical fitness is also key as long as they participate in something they want to do and enjoy, not what I think is best for them."

Experts say Viola is on the right track. "It's a mistake to constantly talk about physical activity in the context of weight," says Dr. Christine Courbasson, an assistant professor in the department of psychiatry at the University of Toronto and head of the eating disorders and addiction clinic at the Centre for Addiction and Mental Health in Toronto. Courbasson believes that one of the worst things a parent can be is judgmental. "Never say to a child, 'You look like you're gaining weight. Maybe you should be more active.'" Instead, focus on having nutritious family meals and planning regular physical activities for the whole family. Here are a few of Courbasson's tips.

- Plan balanced meals with your kids and go grocery shopping together.
- Cook as a family. Food prepared at home generally has lower sodium and fat content than food from restaurants or prepackaged food. Cooking at home also allows you to introduce different nutritious foods. (Visit canadianliving.com/july for fun ways to teach your young ones about food.)
- Eat together as a family at the dinner table, not in front of the TV.
- Help your kids learn to recognize their bodies' hunger cues. They should eat when they're hungry, not because they're bored.
- Help them learn how to recognize their bodies' satiety cues as well. They should eat just until they're full, not until they're stuffed or until their plate is empty.
- Don't use food as a reward for good behaviour or a job well done. ■

CHECK IT OUT...

- ParticipAction participaction.com
Click the Getting Active tab for easy ways to inspire your kids, and fun healthy lifestyle tips.
- Canada's Physical Activity Guide to Healthy Active Living phac-aspc.gc.ca
Put together by the Public Health Agency of Canada, the guide can be ordered in hard copy from the site. Also, find links to information about the Child Fitness Tax Credit and Canada's Food Guide.
- Move It 4, moveit4.org
This new American site has plenty of fitness tips, especially geared to teens and young adults.

FIND OUT MORE

Go online to canadian living.com/july for proven ways to get your kids to eat their fruits and veggies.

Health Matters



let's talk

YOU TOLD US

Last month, we asked: What's the main wellness change you'd like to see your partner make?

• Lose weight. 39%
• Exercise more often. 43%
• Cut back on the burgers and beer (eat better). 18%

NOW TELL US

Canada's Food Guide recommends women get seven or eight servings of fruits and veggies a day. What's your favourite way to enjoy veggies during the summer?

• Plain, or with dip or hummus.
• In a homemade salad.
• On the grill as kabobs.

Cast your vote at canadianliving.com/july. Results will appear in the August issue.

PHOTOGRAPHY, ISTOCKPHOTO

TAKING OUR PULSE ON HEALTH CARE

A national poll asked Canadians how our country should manage rising health-care costs in the coming years. Here's what respondents said.

• 91 per cent of respondents said that making our health-care system more efficient and effective is the best way to slow down growing health-care costs.

• 69 per cent believe it's a good idea to "develop a contribution-based Canada Health Plan to raise revenue and set aside financial resources for individuals who need health care, the same way that the Canada Pension Plan works for people who retire."

• 66 per cent said our system should have rewards and penalties to encourage healthy living.

• 65 per cent said it's a good idea to develop a registered health savings plan, similar to the registered retirement savings plan, to allow individuals to save money on a tax-free basis so they can pay for health services or prescription drugs that are not included in the public health plan coverage.

• 49 per cent of those polled said they would pay 10 per cent more in taxes if they knew all the money would go to health care.

• 46 per cent said, "Patients should be responsible for paying a portion of the cost of the health care they receive."

– Kathryn Dorrell


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off the shelf

Ranch Dressing

Our nutrition expert looked for ranch dressings, and here's what she found. (All comparisons are for one tablespoon of dressing.)

BY CARA ROSENBLOOM, RD



NO NAME
- 70 calories, 7 g fat (1 g saturated, 0.2 g trans), 150 mg sodium
- Main ingredients: soybean oil, water, vinegar, sugar, egg yolk, buttermilk, preservatives, artificial flavour, MSG
- Contains buttermilk powder
- The only one we compared that had trans fat



RENÉE'S
- 70 calories, 8 g fat (0.5 g saturated), 80 mg sodium
- Main ingredients: canola oil, buttermilk, sour cream, egg yolk, spices
- Contains fresh buttermilk
- No artificial flavours, colours or MSG
- Source of omega-3 fat
- Only dressing we compared with no added sugar
- Lowest in sodium



PC BLUE MENU
- 35 calories, 2.5 g fat (0.4 g saturated), 125 mg sodium
- Main ingredients: water, soybean oil, corn syrup solids, buttermilk, vinegar, preservatives
- Contains buttermilk and buttermilk powder
- Has half the calories and 60 per cent less fat than regular ranch dressing
- No artificial flavours or MSG



KRAFT FAT-FREE
- 25 calories, 0 g fat (0 g saturated), 170 mg sodium
- Main ingredients: water, corn syrup, vinegar, milk ingredients, preservatives
- Contains no buttermilk
- Lowest in calories
- Fat free; no saturated fat, trans fat or MSG
- Highest in sodium

PHOTOGRAPHY: GEOFFREY ROSS (TOP); PIXLAND/THINKSTOCK



TRUE *or* FALSE?

You should wait 30 minutes after eating before leaping back into the swimming pool or lake.

FALSE. This myth probably comes from the mistaken belief that if you eat right before swimming, your digestive system and muscles will compete for oxygen from your blood. In reality, you need energy to swim, just like any other physical activity. "You want to ensure that you have the fuel in your body to sustain yourself," says Shelley Dalke, the manager of the national swimming and water-safety programs for the Canadian Red Cross. "If you plan on engaging in vigorous swimming, ensure you are eating sensibly and hydrating properly by drinking water ahead of time."

Advertisement

As many as 1 in 4 women are affected by it.



Chantal, 38, mother of three

"After my daughter was born, I was surprised that little leaks that I'd experienced during pregnancy were still happening."

"After my first pregnancy, I noticed things such as laughing, coughing and sneezing could cause little leaks. So I started practicing Kegel exercises and using special pantiliners designed to neutralize odour, now I can carry on with my busy day!"

Madeleine, 31, pregnant with her first child

"Being pregnant has been such a magical time for me, in so many ways. And while I expected to have heartburn, cravings and fatigue, no one warned me about the other changes my body would go through!"

"I checked out alwaysmomsclub.com and was relieved to learn that light leaks are a common problem when you're expecting. They can happen at any time during pregnancy, for any number of reasons. I've started using pantiliners that absorb the wetness and neutralize the odour, so now I don't have to stop in my tracks every time the baby kicks!"





Ann, 45

"At first, I hardly noticed the leaks. But I lead an active lifestyle, so in time I had to find a solution for those small but unpleasant surprises."

"I can't pinpoint exactly when it started, but one day I realized that little leaks were happening more frequently. Everyday things like standing up quickly, laughing and exercise could be the trigger. Fortunately, Always Dri-Liners Plus + helps keep me dry and neutralizes odour. Now I feel great everyday!"



Discover new Always Dri-Liners Plus+ with Odour-Lock.™ Great protection that continuously absorbs and neutralizes odour for everyday freshness.

Skipping Ropes

test driven

Tip: You can burn about 100 calories in 10 minutes, depending on your weight and how fast you skip.

For shopping information, see page 180

PHOTOGRAPHY, GEOFFREY ROSS



JUMPROPE.COM SPEED ROPE, $6, is made from PVC; the length is adjustable for skippers of any height or age.

THE VERDICT
"This rope is so light that I can easily carry it around. And the handles are simple to grip and manage."
– Filomena Furtado, Toronto, reader



VALEO FITNESS SPEED ROPE, $10, is made from solid rubber and has moulded handles for a better grip.

THE VERDICT
"This rope provides a pretty easy workout, and the cushioned grips are comfier than the old-fashioned plastic tubes."
– Erin Poetschke, art production coordinator



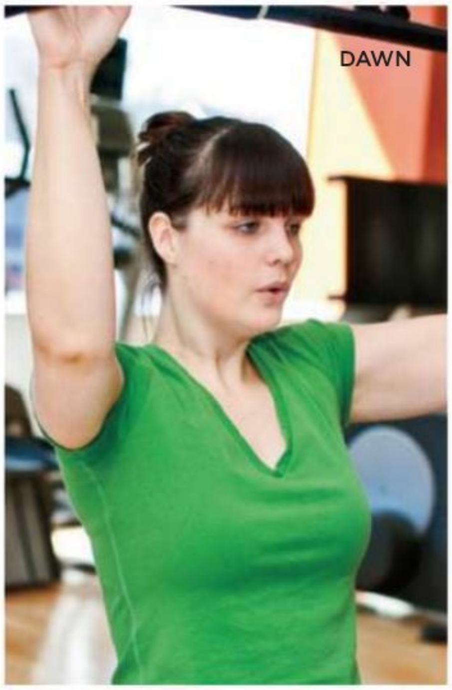
FITNESS DEPOT PVC SPEED ROPE, $13, has foam handles with inner ball bearings, allowing for smoother, faster rotation.

THE VERDICT
"The handles have a good grip so you can easily skip at a fast pace without adjusting your hold."
– Tobi Shum, Richmond Hill, Ont., reader

Note: Hey, parents! Here's how to choose the perfect rope for your kid. Look for one that is: the right length (when your child stands on it with both feet, the handles should come just below the armpits); plastic – so it's lightweight and durable; and a fun colour.


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WHOLE-LIFE MAKEOVER: MONTH 6





When registered dietitian Cara Rosenbloom looked at Liz Pappas's and Dawn Burns's food journals, she noticed their diets were high in sodium. "Too much sodium can lead to high blood pressure, which is a risk factor for developing heart disease," says Rosenbloom. Dawn had been eating frozen entrées, chips and fast food, and the foods Liz had been enjoying – presweetened oatmeal, bread, sauces and dressings – have more salt than she realizes. Liz also admitted that she likes to add salt to her food and thought that was why she had too much sodium in her diet. It was a wake-up call for both women to learn that about 80 per cent of the sodium we get in our diets comes from packaged and processed foods, both of which Liz and Dawn tend to rely on heavily.

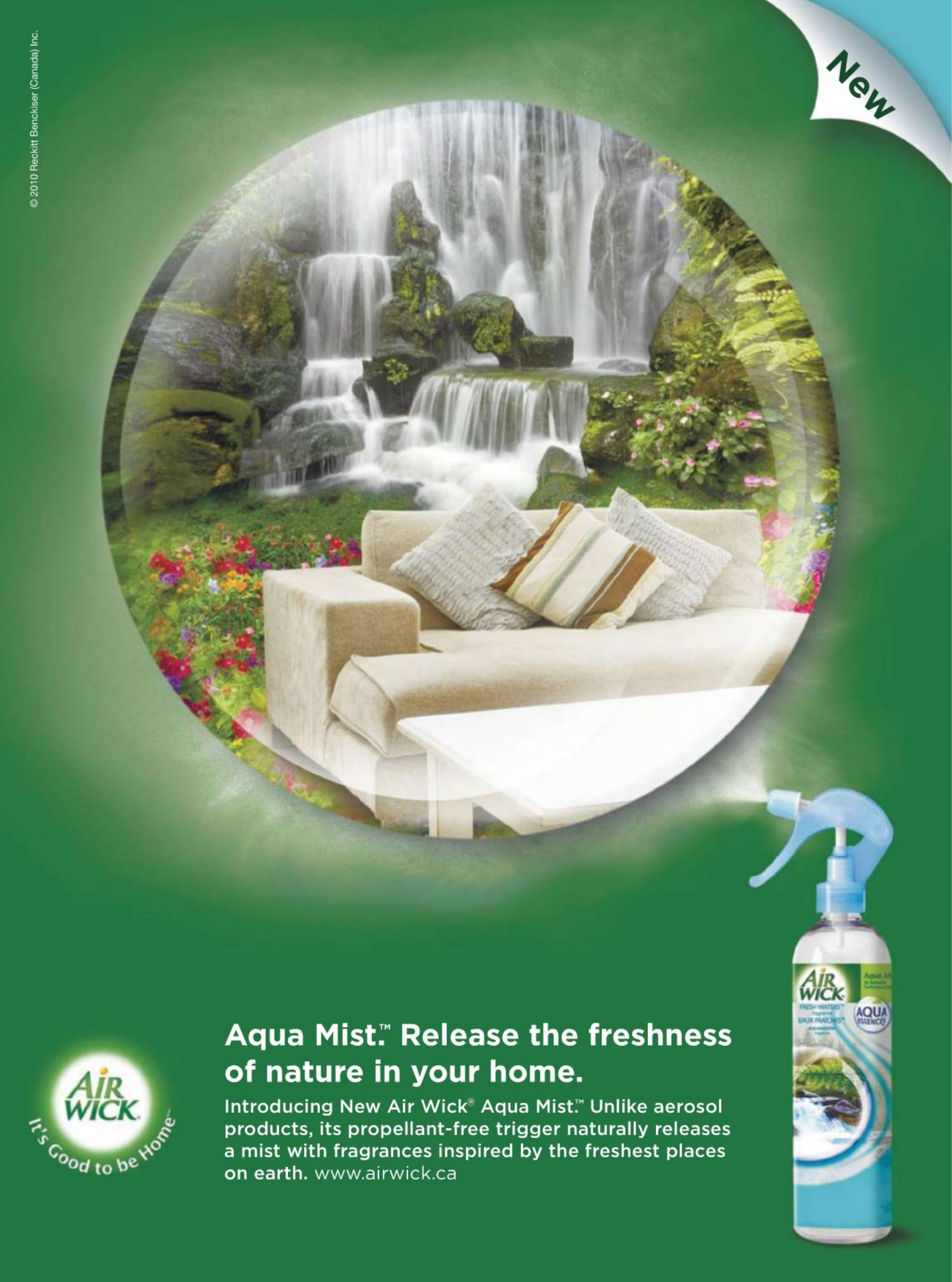
So Cara gave Liz and Dawn the 411 on low-sodium staples and frozen dinners (Dawn doesn't cook that much and lives alone) for their next trips to the grocery store.

Here are some shopping tips to help you lower the amount of sodium in your diet.

- Choose fresh, whole, unprocessed foods more often (fresh veggies and fruit instead of canned varieties; natural cheese instead of processed cheese slices).
- Compare the sodium content of packaged foods and choose the ones with less sodium. Aim for less than 2,300 milligrams (mg) of sodium per day. (The average Canadian takes in 3,100 mg per day.)
- Read labels and look for food products that are "salt-free" (less than 5 mg per serving), "low in sodium" (140 mg or less per serving) or "sodium reduced" (25 per cent less sodium than the original product).

– Ylva Van Buuren

PHOTOGRAPHY, NANCY FALCONI


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AQUA ESSENCES

Make a Night of It

Fill your summer with fireworks, ferris wheels and family fun. Here's our guide to great times after dark.

BY CHERYL EMBRETT



PHOTOGRAPHY: YVES MARCOUX/FIRSTLIGHT

Fireworks over Montmorency Falls Park, Que.









Roll out those lazy, hazy, crazy days of summer. But don't kick off your flip-flops and call it a night when the sun goes down. The fun is just beginning coast-to-coast with these 20 after-dark activities.

1 | Trip the light fantastic

Watch the sky light up with fireworks displays across the country. In Montmorency Falls Park near Quebec City, an 83-metre wall of water becomes a dramatic backdrop for an international fireworks display set to music (quebecfireworks.com) – enhance the effects with a pair of 3D glasses. Or light up a few Roman candles and sparklers in your own backyard (keep a bucket of water handy). For safety tips, visit the Canada Safety Council's website (safety-council.org).

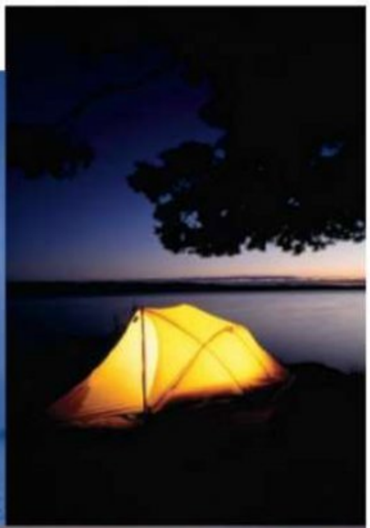
2 | Scare yourself silly

For a night of thrills and chills, head out on a spook-tacular haunted hike. The Sinners and Spirits Tour in St. John's, Nfld., highlights the murderous history of the city, while the Ghosties and Ghoulies Tour (hauntedhike.com/tour.htm) through the downtown is more family friendly. For other ghost walks in Canada, check out ghosttoursofcanada.com. »

PHOTOGRAPHY (CLOCKWISE FROM TOP LEFT): BENEDEK/ISTOCKPHOTO; FIRSTLIGHT; PETER MINTZ/FIRSTLIGHT; PHOTORESEARCHERS/FIRSTLIGHT


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3 | Tee off under the midnight sun

Golf all night long at more than 25 courses north of the 60th parallel, including the Yellowknife Golf Club (yellowknifegolf.com), where the course is carved out of the Canadian Shield, and Ulukhaktok Golf Course – the world's most northern course – located right on the tundra of the Northwest Territories (arctic charinn.com/arctic-golfing.htm).

4 | Howl with wolves

Take a moonlight stroll through a city, provincial or national park and learn about owls, bats and other mysterious creatures of the night. In Ontario's Algonquin Provincial Park (algonquinpark.on.ca), you can take part in the ever-popular Wolf Howl Prowl. There's nothing quite as spine-tingling as the chorus of a wolf pack on a starry night.

5 | Track dinosaurs

Hunt for fossilized dinosaur tracks by lantern light in northern British Columbia at the only guided tour of its kind in the world (trmf.ca/dinosaurtrackwaytours.html). The angle of the light from the lantern highlights prehistoric footprints that are hardly visible by day, and sound effects heighten the experience.

6 | Enjoy your own *Night at the Museum*

At Toronto's Royal Ontario Museum (rom.on.ca), you can bunk down with the dinosaurs on family overnights. Even if your local museum doesn't come to life after dark, there's still lots to see and do in the evening (and fewer crowds to get in your way).

7 | Paddle by moonlight

In Gibsons, B.C., you can kayak through the light of the setting sun, then circle back to catch the moon rising above the surrounding mountains (sunshinekayaking.com). On the opposite coast, enjoy the moonlit magic of the majestic Bras d'Or Lake in Cape Breton, N.S. (kayakcapebreton.com).

8 | Practise sun(set) salutations

As the sun sinks, unwind with an outdoor yoga class at a nearby park or beach. If you're in P.E.I., perfect your postures in the sand by the seaside at Brackley Beach (breathprint.com).

9 | Raise money for charity

No need to work up too much of a sweat over a good cause. Sign the family up for a 12- or 24-hour fund-raising relay, such as the Canadian Cancer Society's Relay for Life (cancer.ca; search "relay for life") or the Money Mart Easter Seals 24-Hour Relay (24hourrelay.org), and stay cool while you help make a difference.

10 | Find your favourite constellation

For the best star gazing, grab the binoculars and get as far away as you can from city lights on a cloudless summer night. Or visit a dark sky preserve, such as Grasslands National Park of Canada in southwestern Saskatchewan or Elk Island National Park just outside Edmonton, for an unparalleled view of the Milky Way. For a list of dark sky preserves and urban star parks, visit the Royal Astronomical Society of Canada's website at rasc.ca (search for "dark sky preserves").

11 | Sleep outdoors

Snuggle into a teepee in Head-Smashed-In Buffalo Jump, Alta. (legendarytravels.net), or bunk down prospector-style in the Klondike Gold Fields of Dawson Creek, Yukon (eurekagoldpanning.com). To camp closer to home, check out provincial park campsites at the Parks Canada website (pc.gc.ca). Or just pitch a tent in your own backyard, grill hotdogs, make s'mores and sing campfire songs around the chiminea. »

PHOTOGRAPHY (CLOCKWISE FROM TOP LEFT): PISKUNOV/ISTOCKPHOTO; PAUL TESSIER/ISTOCKPHOTO; THINKSTOCK


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12 | Catch an outdoor flick
If you're lucky enough to have a drive-in nearby, bundle the kids into the car and relive the fun of an earlier era. The 5 Drive-In in Oakville, Ont., is the largest in the country, with a capacity of 1,100 cars.

If not, stretch out under the stars with a bag of popcorn and watch a family flick at one of the many outdoor film festivals across the country.

13 | Plant a moon garden
White, cream, and pale pink and purple flowers reflect the moonlight, and some blooms, such as moonflowers and four-o'clocks, open only at night. If you don't have a plot of your own, take an evening stroll through a botanical garden.

14 | Take 'em out to the ball game
Major-league games are great, but you can also get your sports fix by biking down to the local sports field to root for the boys and girls of summer under the night lights.

15 | Splish, splash and slurp
Stay cool with an evening dip at your local pool (many stay open on hot summer nights) or run through your backyard sprinkler. Keep on chillin' with an ice-cream cone after you've dried off.

16 | Picnic with the Bard
Summer offers no shortage of Shakespeare festivals performed on outdoor stages. Pack a hamper and savour an evening's entertainment at your local park. Shakespeare by the Sea in Halifax's historic Point Pleasant Park (pointpleasantpark.ca) is popular for its stunning views of the Atlantic. For recipes that will help turn an outdoor play into a picnic, visit canadianliving.com/july.

17 | Boogie through the night
Strap on your dancing shoes and head out to a dance hall, such as Danceland in Manitou Beach, Sask., where you can strut your stuff on the world-famous horsehair dance floor. If country or folk is more your style, kick up your heels at the Music Barn in Sackville, N.B. (themusicbarn.webs.com), a smaller version of the Grand Ole Opry.

18 | Check out the carnival
Ride the ferris wheel when the sun goes down – midways are always more exciting at night. Participate in a lobster-eating contest at the Shediac Lobster Festival in Shediac, N.B. (shediac.worldweb.com), or stick with those fairground faves, cotton candy and snow cones.

19 | Go fishing
Dangle a rod as the sun sets and most anglers pack it in. Some fish are more active at night, but if you don't land one, you can still enjoy the solitude. If you want bigger fish to fry, Nunavut is home to some of the world's best fishing (and in the summer you can fish by the all-night sun), ranging from lake trout to its famous arctic char (arcticfishing.com). Don't forget to check local fishing regulations.

20 | Read by starlight
Snuggle up in a hammock, blanket or porch swing with someone you love and read a book by starlight (or flashlight). Capture the mood with *Goodnight Moon* – it works for kids, and adults, too. ■

PHOTOGRAPHY (CLOCKWISE FROM TOP LEFT): JUPITERIMAGES; RENPHOTO/ISTOCKPHOTO; JACOMSTEPHENS/ISTOCKPHOTO

Hot Dog

Meet Douglas, the fastest dachshund in southwestern Ontario.

BY LISA FIELDING





Douglas raced toward the end – ears like sails, feet skimming the grass – to take the lead and come in first.

I never thought I was one of "those mothers" who wants her child to be better than all the others. Until the day my Douglas became a champion.

This was no beauty pageant. This was a race: to determine the fastest dachshund in southwestern Ontario. Yes, my baby is a wiener dog. My husband, Dave, and I took the plunge four years ago and adopted a dog. Douglas is our practice child.

We've had our trials – getting no sleep because he's yowling, running him out to pee at 2 a.m., helping him conquer his fear of dark shadows – all the while questioning whether we were cut out for parenthood. But Douglas is now four and better behaved and smarter than most four-year-olds I've met.

So when I accidentally came across the website for the 9th Annual WienerFest in Thamesford, Ont., I signed Douglas up, thinking the running of the dachshunds would be amusing. (Note: We're not "crazy dog people." We don't carry a diaper bag full of dog toys, we've never pushed Douglas in a stroller, nor have we arranged for him to marry a Yorkie.)

The night before the event, I gave Douglas a pep talk, but he paid no mind. When we got to the park, however, and he clapped eyes on the hundreds of dachshunds – miniature, portly, long-haired, wiry – he knew something was up.

Douglas being a daddy's boy, my husband agreed to be the race handler. For his first heat (there were 10 heats of 10 dogs each, a semifinal and final), Douglas was given a purple scrunchie to wear so the judges could tell which long, brown sausage was first to cross the line. Dave loaded him into the starting crate, and ran with the other "parents" to the end of the field.

When the gate opened, two dogs sat down, a few meandered to the sidelines, and the rest galloped, sauntered and bounded toward the finish line. When I realized Douglas was one of them, my heart started to race, too. I may have even shouted as – at the last second – Douglas deftly overtook the dog in the lead.

In the staging area as we awaited the final race, I told a silky-haired dachshund she'd better watch out because Douglas was going to beat her, paws down.

As the gate opened for the final race, I stood among the crowd as my boy raced toward his dad, ears like sails, feet skimming the grass and people oohing over his speed. Then the announcer called out, "Purple is the winner!" I was proud of Douglas and, in that way we tend to humanize animals, I was sure he was proud, too. (He was definitely pleased with all the treats and praise.)

I don't know if raising a champion wiener dog qualifies us to be parents, but I feel it's a good indication of the time we'll invest and the fun we'll have raising a real child. And I'll try not to be one of those competitive mothers screaming from the sidelines of her daughter's softball game. Though I may trash-talk the other team to myself, and my heart might soar a little when she realizes she's a winner. ■

LISA FIELDING is the copy chief at *Canadian Living* Magazine; she crochets bow ties for dogs in her spare time.

PHOTOGRAPHY, COURTESY OF LISA FIELDING

Distinctly Canadian









A tribute to outstanding achievement, dedication to community and service to the nation, the Order of Canada continues to humble recipients – and inspire young citizens in its mentorship program.

BY MICHAEL KILLINGSWORTH

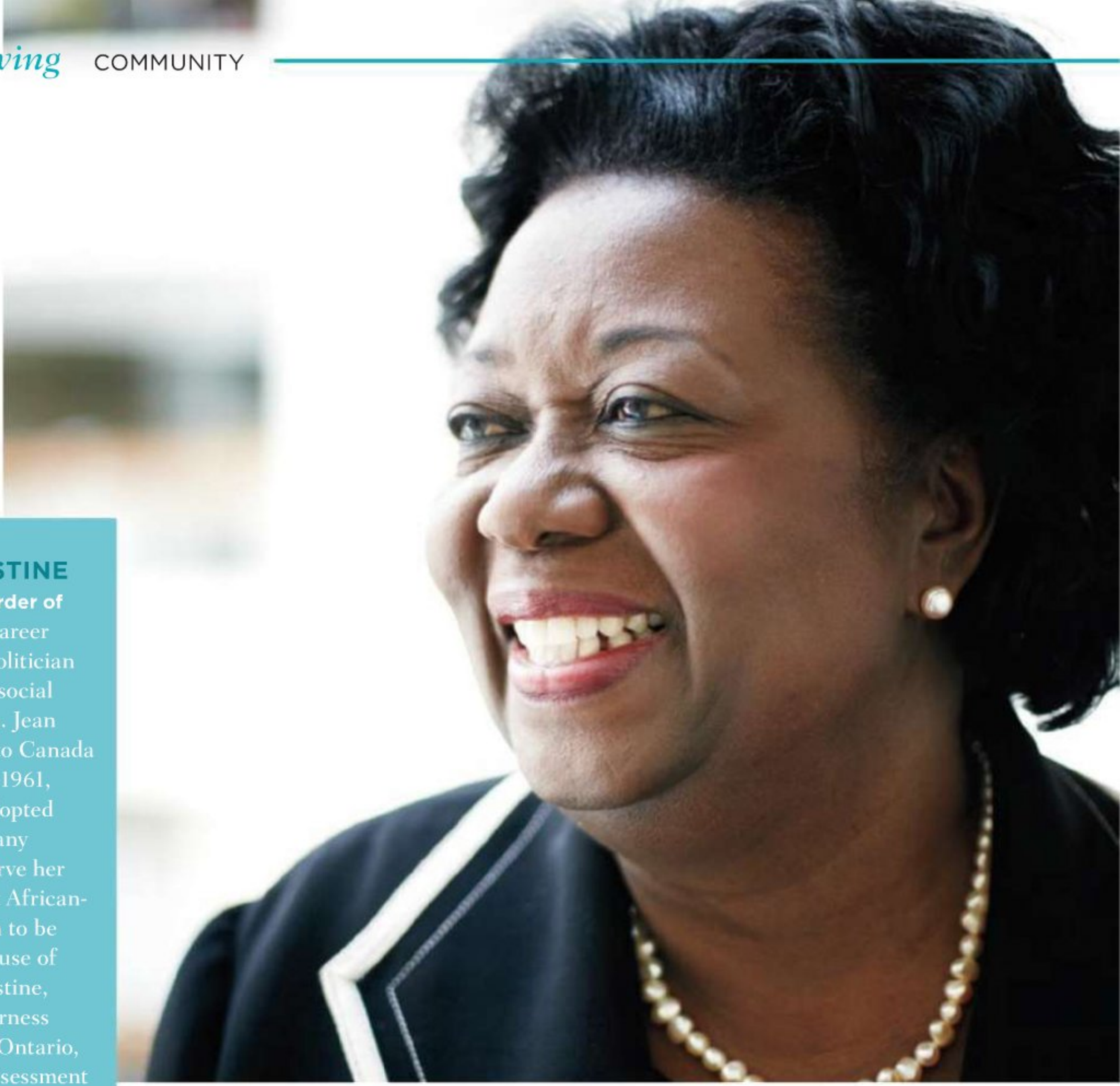
"THEY DESIRE A BETTER COUNTRY." The motto of the Order of Canada is a fitting description for the more than 5,000 citizens – including the likes of former prime minister Jean Chrétien – who have been chosen to receive one of the country's highest civilian honours. Recently, Gov. Gen. Michaelle Jean announced 57 new appointments, none more proud to wear the telltale snowflake insignia than social justice advocate Jean Augustine and veteran actress Tantoo Cardinal, both acknowledged for the scope of their careers. Equally humbled were Laura Marie Drudi and Kanika Gupta, participants in the Order of Canada Mentorship Program, which pairs recipients of the Order of Canada with community-minded youth in search of knowledge and inspiration. The result? To paraphrase the governor general, who established the program in 2008: "untold promises for the future of our communities." Meet these four inspiring women, who reflect on their lives – and continue to strive to make Canada a better place.

YOU TELL US

What are you doing to make Canada a better place? Visit canadianliving.com/july and share your stories, photos and videos with our online readers.

let's talk

PHOTOGRAPHY: DEREK SHAPTON (TOP); KATE HUTCHINSON; VENTURI + KARPA (BOTTOM)



JEAN AUGUSTINE

Member of the Order of Canada, for her career as an educator, politician and advocate for social justice in Canada. Jean Augustine came to Canada from Grenada in 1961, embracing her adopted land and seizing any opportunity to serve her country. The first African-Canadian woman to be elected to the House of Commons, Augustine, 72, is now the fairness commissioner of Ontario, ensuring a just assessment of the credentials of newcomers.

Recognition for a life's work: the Order of Canada

"It complements the good things I hear from people. I've had ex-students remind me of certain things that I did for them, or ways in which I supported their education. Or constituents who would say, 'This is happening in my life now because when I came to you, you assisted in this way.' It's little things, not big, earth-shattering things, that we do in terms of service. Growing up in Happy Hill, St. George's, Grenada, with a whole lot of very strong women, I learned [about a] sense of community, a sense of caring. We didn't have very much, but what we had, we shared. I learned that you participate in activities. So when I came to Canada, it was just a continuation of that, looking for the opportunities to participate, to belong, to make things happen."

The path to self-esteem

"My father died when I was nine months old. And so my grandmother was the one who helped my mother. Very early, I got the sense from my grandmother that there was nothing I couldn't do. She would always say, 'Girl, you can do it!'"

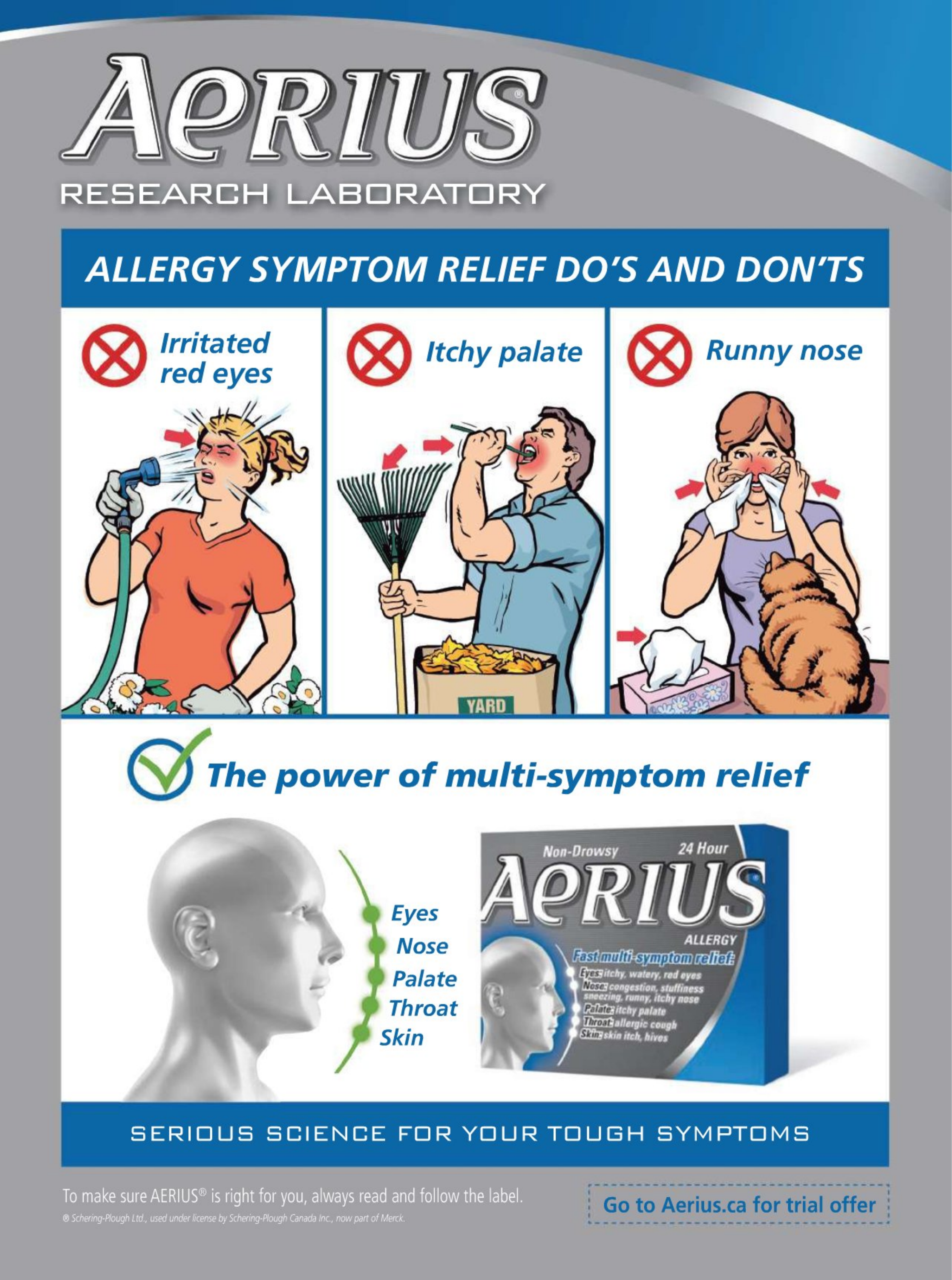
You have to be resilient

"I had to overcome the subtleties [at play] at the time in Canadian society: the fact that I was an immigrant, the fact that I was black, the fact that there were individuals who thought I was a little too ambitious. There were all these subtleties that I had to pretend I didn't notice, and overcome in some way, because it could be very debilitating if you were to follow every slight. When I talk to young people, I talk about setting a goal, committing yourself to something, being credible, having the right credentials and being resilient."

Canada is a place of opportunity

"I didn't have a sense that, as a black person, I couldn't do whatever [I wanted]. I saw myself as a minority when I came here because, you know, you walk into a room and can count on the fingers of one hand other people of colour. But at the same time, I didn't see that as something that would hold me [back] from the goals I had set for myself."

PHOTOGRAPHY, DEREK SHAPTON


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TANTOO CARDINAL
Member of the Order of Canada, for contributions to the growth and the development of aboriginal performing arts in Canada, as a screen and stage actress and, in addition, as a founding member of the Saskatchewan Native Theatre Company. Born in Anzac, Alta., Cardinal, now 60, was deeply affected by the discrimination she witnessed in her youth and by the flawed portrayals of her people that peppered movies of the '50s, '60s and '70s.

A sense of injustice

Determined to correct misconceptions about her gender and heritage, the actress – whose myriad screen credits include the Oscar-winning *Dances With Wolves* – made it her life's work to paint honest portrayals of women and aboriginal people.

"Our people have been absolutely ignored. It seems that this society does not understand at all the importance of who we are, as earth people, and the incredible wisdom and generosity and kindness [that exists]. It's been important for me to fight for authentic portrayals of women and of aboriginal people with whatever I could. As an actor, you don't have a lot of power, you have to make a deal. You have to say, 'Well, I can make some progress on this issue, but I have to let that one go.'"

Effecting change through art

"One example of my professional accomplishments is the film *Loyalties,* because it came out at a time when people really weren't looking at the issue of sexual abuse. It made a personal impact on audience members. *Loyalties* illustrates what the arts can do."

I barely made it through high school

"I never went to university, never went to college. So most of my learning is from other people who have gone and done that, and from life, and bits of reading here and there. Now, I tell people, 'Go to school, go to university,' because the atmosphere has changed greatly."

My people inspired me

"Being raised by my grandmother meant that I spent a lot of time with older people, and listened to them tell stories. In a very tactile way, I got a sense of ways of life, places that they've been, experiences that they've had. Such marvellous storytellers."

A drive to give back

"My urge to give something back to my people through arts and volunteer work is sort of a 'soul push.' Acting was just one of those things that came along, that spoke to me when I was looking for something. And I grabbed on to this definition of responsibility as 'ability to respond,' and I was looking for something that I could respond to."

PHOTOGRAPHY, VENTURI + KARPA



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MANDARIN ORANGE with Sesame
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LAURA MARIE DRUDI

Participant, Order of Canada Mentorship Program. A second-year medical student at McGill University in her hometown of Montreal, 21-year-old Laura Marie Drudi is focused on becoming an aerospace physician, and follows a rigorous schedule of courses and volunteer pursuits that will enable her to stand out in a competitive field.

My passion for space came first

"When I was nine, I went on a class trip and saw on a big screen Canadian astronaut-physician Dr. Dave Williams on his first shuttle launch. I was, like, 'I want to pursue a career in the space industry.' And when my great-grandmother succumbed to cancer, I decided to do some cancer research and found myself interested in experimental medicine."

My mother encouraged me

"It was only when I got into university that she really saw how serious I was. If I didn't have the support of my family, I think I would have let go of this dream a long time ago."

Follow your dreams

"I had the privilege to speak to pioneers of the space industry. I'm proud of having been accepted by the Canadian Space Agency to present at the International Aeronautical Congress in Korea. I love to speak with young students about space, about dreams and holding on to those dreams – because you never know when they can come true." Drudi is the only Canadian accepted for an internship at NASA this summer.



KANIKA GUPTA

Participant, Order of Canada Mentorship Program. Although Gupta has a degree in finance and business from the University of Ottawa and is now completing her master's degree in public administration at the University of Victoria, the 23-year-old never warmed to strict business studies, but she did find a way to apply them. "I did a microfinance project in West Africa in May to August 2007, and that opened my eyes," she says. "It taught me how business skills could be used at a more strategic level." Now the Ottawa native is dedicated to social change, and to Nukoko, the nonprofit organization she founded that works with local groups to aid access to resources in West Africa.

The power of giving back

"I was always superinvolved in the community, even in high school. I started a club to help students get their volunteer hours. To some people, 'helping others' can be abstract. But if you say, 'This is your chance to meet other really cool people, to get engaged, to discover your community like you've never seen it before,' then they see the tremendous value."

I credit my family

"To this day, my parents are highly involved in the community. So I think those values came from them. And that's why they've chosen to support my goal. That can never be underestimated: the support you receive from your home."

A point of pride

"I just love how Nukoko grew – it came out of this passion and I love how, in just under three years, it's been able to grow. Right now we're supporting 600 girls. That's a huge accomplishment and something I'm proud of. But I can't take full credit; we have a team in Ottawa, and our partners in Africa are phenomenal."

PHOTOGRAPHY, KATE HUTCHINSON



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puppy love



At PetSmart®, we love to see healthy, happy pets. That's why we make it our mission to provide total lifetime care for every furry, feathered and reptilian member of your family. Here, we offer up tips for new puppy owners.

training

Proper training for your puppy is probably the best way to ensure he will be a happy, social and loving family member. Your kids can participate too, it's a great way to bond for life! PetSmart offers in-store training – it's never too early to start!



Dr. Robyn Jaynes from PetSmart gives advice to first-time puppy owners.

Q I've decided to be a puppy parent! What things do I need to get my house ready?

A Congratulations! A new pet is a very exciting long-term adventure. Here's a list of must-haves for a smooth transition.

1. **Food and Feeding Bowls**
It is important to get your new puppy off to a great start with a nutritious diet designed specifically for him! A slow transition from the puppy's current diet will help minimize intestinal stress. Don't forget a bowl for both food and water!

2. **Leash and Collar**
It takes practice for a dog to get used to being led by a leash so start immediately and walk him around his new home.

3. **Crate**
Crates offer a safe place for your puppy that is all his own, and can help with house training.

4. **Toys and Treats**
Puppies have a tendency to chew, so be sure to give him a variety of toys so he won't be tempted to chew inappropriately. Healthy treats designed for puppies are very helpful while training.

Remember that you and your puppy have a lot to learn and PetSmart associates are always available to answer your questions to ensure you have a loving bond with your pet.

nutrition

A healthy diet is important throughout your puppy's life and her nutritional needs will change as she grows. PetSmart can help you choose the best food for your dog, at all stages of life.



sleeping

It's important to provide your puppy with a warm, comfortable bed. Bedding provides your pet privacy and a sense of security. PetSmart offers a variety of dog beds in different shapes and sizes.



accessories

Puppies love to chew, so what better toy to offer her than the popular Puppy KONG Goodie Bone for beginner chewers? The rubber is designed specifically for teething puppies, which will discourage her from inappropriate chewing.



grooming

Grooming goes beyond just the fur. Your puppy's skin, nails, ears, teeth and eyes should also be part of your pet's grooming regimen. At PetSmart we provide in-store pet grooming, where all PetStylists pass our Salon Certification Program.



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Safe Travels

What you really need to know about buying travel insurance

BY DAVID FIELDING



WHAT IT WILL COST YOU

Provincial government health-care plans do provide some coverage for out-of-province travel, but chances are, it's not nearly enough. In fact, a family from Ontario would face a bill of more than $20,000 if their 14-year-old was injured in a fall while vacationing in Banff, Alta.

The cost to insure a family of four (with CAA Insurance) for a week in Alberta? Just $29 (may vary depending on age of children, number of adults and deductible).

DAVID FIELDING is an editor at *Report on Business* magazine, and doesn't travel nearly as often as his wife would like him to.

Michelle Hudema knows all too well that it's the little things that can ruin a vacation. During a vacation in Belize, the trip leader at Gap Adventures headed out for dinner one night. "I took a chance and left my camera in the room," says Hudema. When she returned, it was gone. Fortunately, her travel insurance covered baggage – her insurer even helped her pay for a new camera. Here are a few questions to ask yourself before you leave for vacation.

WHAT YOU NEED

Travel insurance breaks down into three categories: medical, cancellation and baggage. You definitely need medical coverage (see "What It Will Cost You"). Cancellation and interruption insurance may be pricier and is probably the insurance you've opted to skip in the past, but remember, it covers you in the event of an earthquake, for example, or an evacuation. Don't worry about baggage insurance. It's often rolled in as part of an overall travel plan.

READ THE FINE PRINT

Most credit cards and even some employee benefit plans include out-of-province coverage. But some cards impose limits or have age and eligibility requirements (many cards exclude coverage for pre-existing conditions, and some employer benefits only apply to the employee and not the whole family). "Check your coverage against what's being offered elsewhere and make sure that you cover any gap," says Tim Bzowey, vice-president of the travel division at RBC Insurance. Is there always a gap? "No. Some coverage on higher-end cards is quite good."

WHO PICKS UP THE TAB?

As Canadians, we're not used to pulling out our credit cards in an emergency room. Look to see if your insurer will negotiate payment on your behalf in the event of a hospital visit. Hospital bills can range into the thousands. Take a look at your existing medical coverage – if it mentions anything about reimbursement (meaning you'll have to pay up front), it may be worth looking for added coverage elsewhere. And think about a deductible. "It can bring the cost of coverage down," says Bzowey. This is particularly true if you have a pre-existing medical condition or you're planning on being out of the country for an extended period. (For other things to keep in mind before taking the family on vacation, visit canadianliving.com/july.)

FREQUENT TRAVELLERS

Are you really going to buy insurance for a few hours of cross-border shopping? Probably not. But an annual travel insurance plan will have you covered, no matter how short-notice the trip. "All you have to do is gas and go," Bzowey says, adding that the majority of travel insurance in Europe is purchased in this way – North Americans are just getting used to the idea. ■

PHOTOGRAPHY, JUPITERIMAGES/THINKSTOCK

Life Matters

let's talk

LET'S TALK

Last month, we asked: What's your ideal summer vacation?

- Lazing around a rustic Canadian cottage. 51%
- Finding fun, inexpensive things to do around my hometown. 13%
- Discovering another part of the country. 36%

NOW TELL US

Is it OK to regift an item you don't want or need?

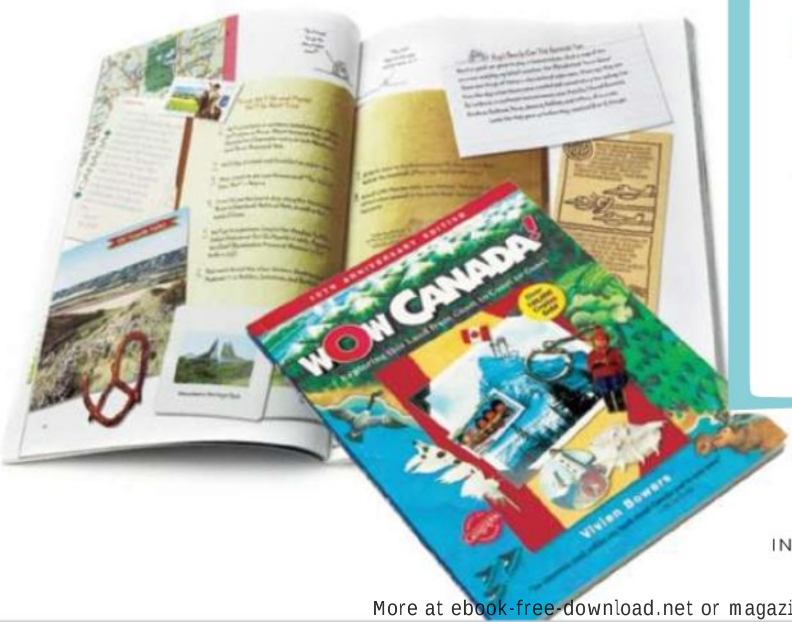
- Yes, it's OK all the time.
- It's all right sometimes.
- It's never OK to regift.

Cast your vote at canadianliving.com/july. Results will appear in the August issue. Send us your funny, embarrassing or heartwarming regifting story at regifting@canadianliving.com – we'll publish the best ones in a future issue!

SIMPLE SUMMER PLANS



- Take a hike. Many municipalities have mapped out self-guided walking tours. One such walk in the west end of Toronto takes you along the West Humber River, some marshes and the ruins of an old mill. For info, visit toronto.ca and search "Discovery Walks."
- Go hunting (no rifles necessary). Kids love treasure hunts. Hide toys, coins and other prizes in your backyard. Or throw a scavenger hunt party and get your family and friends involved. Write up clues and map out a route, hiding items along the way.
- Get creative with your kids. You can write a book together, start a photo journal or even set up a blog and write daily entries.
- Create a home spa. Treat your kids to a relaxing day. Start by giving them facials, homemade body scrubs and hair treatments, then serve a healthy lunch. Then do manicures in the afternoon and massages before bedtime. The next day, you can book yourself into a spa – you'll need it.
- Raise the roof. Set up a talent night so kids can perform plays, dance routines and musical numbers. You and your partner can dress up like Jay-Z and Beyoncé, and sing "Crazy in Love." The kids will kill themselves laughing.



PHOTOGRAPHY: VEER (TOP); PAUL CHMIELOWIEC

EDITOR'S PICK

Hop in the car and join 12-year-old Guy on his cross-country family vacation. The 10th anniversary edition of *Wow Canada!* (Maple Tree, $19.95) by Vivien Bowers is filled with weird and funny facts about every province and territory, postcards from Guy and his sister to their friends, and amusing side notes such as "Food I Was Introduced to for My Own Good" and "According to Mom." Ages eight to 12.

test driven

The Evolution of Laundry Detergents



METHOD LAUNDRY DETERGENT, $9, means no more granular detergent. Now it's just a few squirts of nontoxic, biodegradable detergent into the washer.

THE VERDICT

"The pump is brilliant! Measuring is easy – I only use what I need and there are no more spills."

– Verna Brown, Lethbridge, Alta., reader



PUREX COMPLETE 3-IN-1 LAUNDRY SHEETS, $6.50, make laundry easy with sheets you throw into your washer as a detergent, then into your dryer as a softener and antistatic agent.

THE VERDICT

"I'm hooked – my clothes come out clean, soft, cling-free and smelling fantabulous!"

– Teresa Sousa, editorial assistant



OXICLEAN MAXFORCE POWER PAKS, $5, and LIQUI-GEL, $8, help fight your toughest stains. Just throw the water-soluble packs into the washer along with the detergent.

THE VERDICT

"This combination worked as well on my white linens as my it did on my favourite blue jeans."

– Terry Nolan, Brockville, Ont., reader

Got any great laundry tips? Send them to us at canadianliving.com/july for a chance to win a basket of Method products (value: $100).

5 EASY WAYS TO SAVE ON YOUR SUMMER VACATION

You don't have to spend a fortune on a summer getaway – check out these tips for saving money online.

1. Visit online travel sites such as Expedia.ca to compare prices for airfare, hotels and activities.

2. Redeem your travel points to cut the cost of your journey. Airlines will sometimes offer better deals if you book your flights online.

3. Save money by frequently checking for deals on prepackaged, all-inclusive vacations, which provide flights and accommodations for one set price.

4. Wait and book your trip last minute. Many websites, including SellOffVacations.com, offer huge savings on quick getaways.

5. Check out recommendations from other travellers on sites such as tripadvisor.ca, which can alert you to cheaper alternatives you may not have thought of.

– Melissa Sundardas



PHOTOGRAPHY, BANANASTOCK/THINKSTOCK (BOTTOM)

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CANADA DAY Whirligiggles

Take a spin in the summer wind with a fun, easy-to-make homemade pinwheel.

BY AUSTEN GILLILAND

PHOTOGRAPHY BY PAUL CHMIELOWIEC



GUTTER CREDITS...





Add a bit of whimsy to your Canada Day celebration – it's easy! To make your pinwheels larger or smaller, use different sizes of paper.

YOU NEED:

Red or white **origami paper*** (15 cm/6 inches square)
Pencil and **ruler**
Scissors or pinking shears
Pushpin and **map pin**
Two 6 mm seed beads in red or white
3/16-inch wooden dowel

**Available at arts and crafts stores.*

TO MAKE:

1 | Place paper wrong side up on work surface. Matching opposite corners, fold in half diagonally and crease [**A**]; open up. Repeat with other corners to form "X" through centre of paper.

2 | With pencil and ruler, mark each fold line 2.5 cm (1 inch) from centre point [**B**]. With scissors, cut along each fold, stopping at mark, to divide each corner into two points [**C**].

3 | Using pushpin, pierce hole in every other point, about 5 mm (¼ inch) from end; pierce hole in centre of pinwheel [**D**].

4 | Slide seed bead onto map pin. Holding pin with bead in one hand, push map pin through holes in paper from wrong side, starting at one point and working clockwise until all points have been gathered onto pin [**E**]. Push map pin through centre hole.

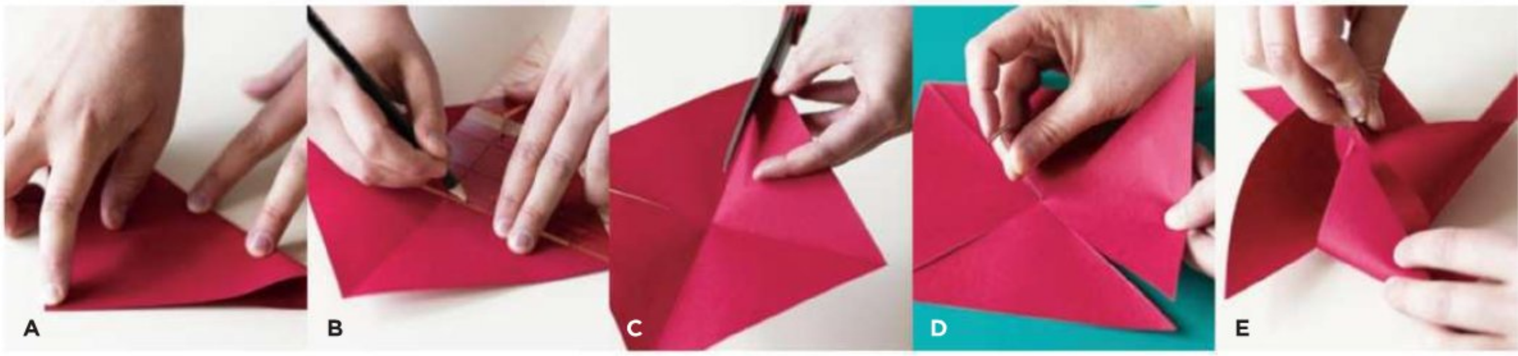
5 | Slide second seed bead onto map pin, behind pinwheel. Push pin into wooden dowel, approx 1 cm (½ inch) from end, being careful not to push map pin through back.

Variation: Tiny Pinwheels

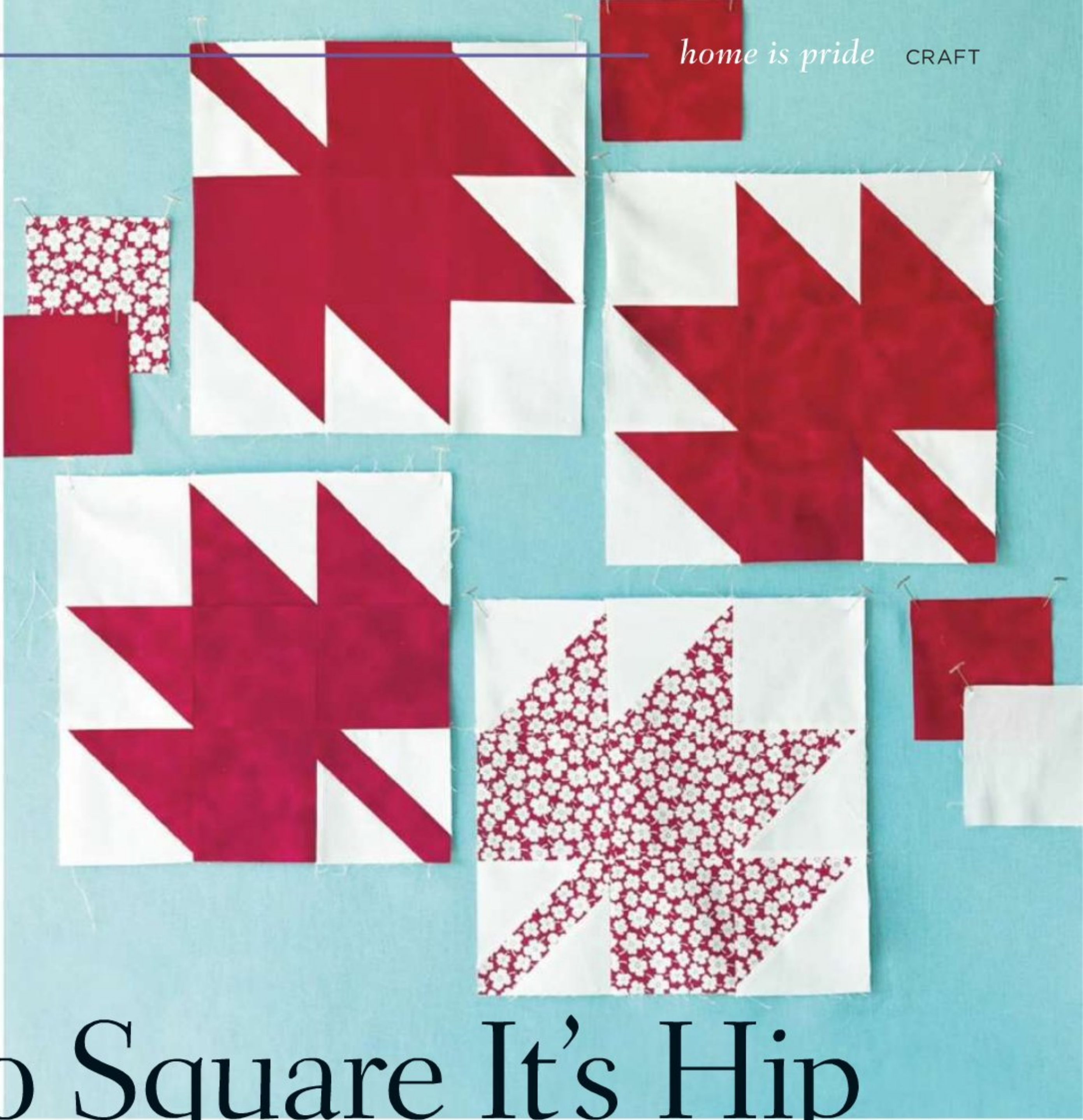
With scissors, cut origami paper into 5 cm (2-inch) squares. Follow steps 1 through 4, cutting diagonal lines to within 5 mm (¼ inch) of centre and pushing pin into, but not through, top of bamboo fork (available at kitchen supply or dollar stores). Fit fork over rim of glass. ■

DESIGNER'S NOTES

- For ease in pushing pins into dowel or bamboo forks, soak wood for 10 minutes first.
- If making this craft with very young children, use a pencil instead of a dowel; push the pin into the eraser end of the pencil.




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So Square It's Hip

Learn how to make this classic maple leaf quilt square, then let your imagination run wild.

BY AUSTEN GILLILAND

PHOTOGRAPHY BY PAUL CHMIELOWIEC

PROP STYLING, CATHERINE DOHERTY

The classic maple leaf quilt square comes together quickly when you use rotary-cutting and speed-piecing techniques, and it would be a marvellous base for a Canada Day–themed quilt. Will you make one block for a pot holder, or four for a wall hanging, or will you make enough for a festive picnic blanket? The possibilities are endless – you may be surprised by what you come up with!

YOU NEED:

- 1 fat quarter (45 x 55 cm/18 x 22 inches) **white** or neutral **fabric,** for background
- 1 fat quarter (45 x 55 cm) **red** or red print **fabric,** for maple leaf
- **Rotary cutter, acrylic ruler** and **self-healing cutting mat**
- **Pencil** or disappearing-ink fabric marker
- **Coordinating thread**
- **Sewing machine** fitted with **¼-inch presser foot** and **needle appropriate for fabric**
- **Iron** and **ironing board** »



We really want to see what you come up with! Go to canadianliving.com/july to find out how you can submit photos of your finished project and your work could be featured in our July 2011 issue.

DESIGNER'S NOTES

- It's essential to prewash fabric at least once (or more) when working with red, to ensure the colour won't bleed. Imagine making a red-and-white quilt, only to have it turn pink upon its first washing!
- "Fat quarter" is a common quilting term. It refers to a piece of fabric formed by cutting a yard of fabric in half lengthwise, then crosswise. A typical fat quarter measures 45 x 55 cm (18 x 22 inches) – more generous than a traditional quarter-yard cut (hence the label "fat").
- Each fat quarter will give you enough fabric for at least two maple leaf blocks. Save leftover fabric to use for quilt binding, or for other scrappy projects.
- To learn more about piecing half-square triangles (as in step 4), visit canadianliving.com/july.

TO MAKE:

1 | Using rotary cutter and acrylic ruler and working on cutting mat, square up white fabric and cut two strips [A]: 11.5 x 23 cm (4½ x 9 inches) and 12.4 x 24.8 cm (4⅞ x 9¾ inches). Cut 11.5 x 23 cm strip into two pieces, each 11.5 cm (4½ inches) square.

2 | Square up red fabric and cut three strips: 11.5 x 34 cm (4½ x 13½ inches), 12.4 x 24.8 cm and 4.5 x 18 cm (1¾ x 7 inches). Cut 11.5 x 34 cm strip into three pieces, each 11.5 cm square.

3 | To make "stem": Cut one white square diagonally in half. Fold each resulting triangle in half along long edge to find midpoint and finger press; fold red 4.5 x 18 cm strip in half and finger press at midpoint. With right sides together and matching creases at midpoints, sew red strip to one of the white triangles. Repeat with second triangle and other edge of red strip [B]. Press seams open; trim to 11.5 cm square.

4 | To make half-square triangles: Stack 12.4 x 24.8 cm rectangles together, right sides facing and with white on top. Using pencil and ruler, mark down centre to create two 12.4 cm (4⅞-inch) squares. Mark diagonal lines on each square: on lefthand square, mark diagonal from top left to bottom centre; on righthand square, mark diagonal from top right to bottom centre. Mark seam lines scant 6 mm (¼ inch) on both sides of both diagonals; pin. Starting at top right of righthand square, stitch along top seam line to centre line; pivot and stitch to top left. Repeat with second set of seam lines [C]. With rotary cutter and ruler, separate pieces on marked lines. Press seams open; trim blocks to 11.5 cm square.

5 | To assemble rows: Arrange pieces as shown (see page 103). With right sides facing and using 6 mm seam allowance, sew blocks together into 3 rows; press seams open. Square up edges if necessary.

6 | To assemble block: With right sides facing, align seams; using 6 mm seam allowance, sew 3 rows together. Press seams open. Trim edges to make block 30.5 cm (12 inches) square. ■

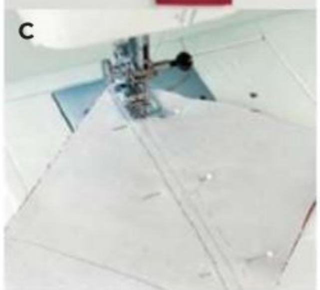
A



B



C




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Best Flowers Forward

An Edmonton couple transforms their front yard into a welcoming oasis.

BY LIZ PRIMEAU

PHOTOGRAPHY, COURTESY OF FIREFLY BOOKS

"WE WERE SMITTEN with this place the first moment we saw it – even though it looked like a campsite," says Rose Stepanko, of the home she and Barry Lastiwka, a landscape contractor and garden centre owner, first set eyes on a decade ago. The 80-year-old brick house in Edmonton was set back on a nearly untouched lot on a street lined with American elms. It was shaded by a mountain ash in the front, a 40-foot cedar at the side and a huge willow that spread its limbs over the small backyard – all of them offering too much shade for serious gardeners. »



THE PLAN: GETTING STARTED

Barry and Rose soon developed their strategy: the backyard would be fenced in and given over almost completely to a small private area for entertaining, and the front yard would be where they would live out most of their gardening fantasies. Under the mountain ash they would make a spring garden, where flowers could bloom until the tree leafed out; in summer, interest would shift to the sunny south side of the front yard, just inside a tall, protective caragana hedge, where they would plant perennials. "Barry also knew we had to start with basics like the architecture of the garden," says Rose. "Originally there was a straight concrete sidewalk leading to the house and it wasn't very inviting. So Barry designed a wider one of interlocking brick that winds a little and encourages you to stroll slowly to the front steps."

A DREAM BLOSSOMS

Barry built short entrance pillars using leftover house bricks and topped them with lanterns, and enclosed the front garden with an iron fence. "Then we planted about 40 shrubs to create a background and soften the house's foundations," says Rose. "Near the mountain ash we put in several red-twig dogwoods, to contrast with the tree's winter berries – the twigs seem to get redder as the snow is melting and look even more lovely than they are in the dead of winter. We also put in a hydrangea and a dwarf Korean lilac, which are underplanted with »

Catmint (*Nepeta faassenii* 'Six Hills Giant'), a good substitute for lavender – which struggles to grow in colder climates – lines the winding pathway. A trimmed boxwood shrub and cascading Kenilworth ivy are potted in large terra-cotta pots set at the foot of the staircase that leads to the front entrance of the house.

GARDENER'S TIP

Why not grow a garden that attracts butterflies? Check out canadianliving.com/july for great tips on creating a habitat for butterflies.


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In spring, the garden bench set on an oval patch of grass beneath a majestic mountain ash *(Sorbus americana)* offers a fragrant sitting spot perfumed by dwarf Korean lilacs *(Syringa meyeri* 'Palibin').

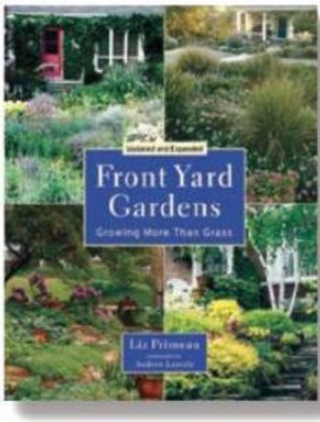
purple tulips. In the spring the scent and colour are overwhelming, all purple and mauve, with big drifts of white *Anemone sylvestris* under the mountain ash.

"We couldn't give up having some grass," Rose says. "It feels so cool on bare feet, and contrasts with the rest of the garden, especially when everything else is dormant. But Barry would never have a square of grass in the middle, so our grass has an egg shape, placed on a bit of a slant and bisected by the path."

DIFFERENT FLOWERS, DIFFERENT SEASONS

Barry and Rose wanted low-growing spring plants in front of the fence, so they put in creeping baby's breath, blue-toned veronica, grape hyacinths and, around the pillars, a mauve variety of *Clematis alpina*. These plants blend into the large beds, but it's the huge planting of soft white anemone that stops passersby in spring, and it also does well in the shade later in the year. "It has fluffy seed heads in fall, so it gives us a two-season look, and it's pest-free and demands no maintenance," Rose says.

The anemone is a good example of the couple's approach to planting – they plant in large groups of one variety instead of single plants dotted here and there. This is especially important in a small garden, where sweeps of one variety can capitalize on the effect of a subtle plant. In the sunny summer border to the right of the pathway, Rose stuck to a yellow, white and blue colour scheme, with big clumps of tall blue and white delphiniums, yellow coreopsis, white lilies and blue catmint. "The »



Used with permission from ***Front Yard Gardens: Growing More than Grass,*** second edition (Firefly, $24.95) by Liz Primeau; photography by Andrew Leyerle.

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Ligularia *(Ligularia stenocephala* 'The Rocket') shows off in the foundation bed in midsummer, beckoning a gardener to sit a while on the Hansel-and-Gretel bench beside the path to the back garden.

catmint is a real find for people who love lavender but can't grow it in our climate," she says.

The border also contains some airy see-through plants, such as baby's breath, vining plants such as clematis, and a few roses for accents of pink. She's had the most success with the Canadian-bred 'Winnipeg Parks,' a hardy deep-rose variety in the Parkland series of shrub roses. The soil is banked upward from the pathway, both for the best viewing effect and to optimize the sun; ground-hugging woolly thyme and snow-in-summer soften the lines of the bed near the entrance.

"It's funny, I always refer to this as the July border, as if that's the only time it looks good," says Rose. "But there's something about it in the spring. It has a few tulips, but it also has lovely mounds of green perennials starting to emerge. It has textural interest, but mainly it has promise." ■



LIZ PRIMEAU is a gardening expert and writer. She was the founding editor of *Canadian Gardening* magazine.

HARDY PERENNIALS FOR MOST OF CANADA

Edmonton is in Zone 3a, one of the harshest climates in Canada, but zones differ wildly across the country and can be confusing.

The hardy perennials below will survive in most of Canada. A tip: Buy locally – neighbourhood nurseries sell plants that are hardy for your area. For the Canadian zone map, visit http://res.agr.ca/cansis.

Low perennials

Alpine aster *(Aster alpinus)*
Columbia bitterroot *(Lewisia columbiana)*
Creeping Jenny *(Lysimachia nummularia)*
Elephant ears *(Bergenia cordifolia)*
Hens and chicks *(Sempervivum* spp.)
Evening primrose *(Oenothera tetragona)*

Medium to tall

False spirea *(Astilbe* x *hybrida)*
Beardtongue *(Penstemon digitalis* 'Husker Red')
Bee balm *(Monarda didyma)*
Goldenrod *(Solidago* x *hybrida)*
Peachleaf bellflower *(Campanula persicifolia)*
Joe-pye weed *(Eupatorium purpureum)*
Black-eyed Susan *(Rudbeckia fulgida)*
Fernleaf bleeding heart *(Dicentra formosa)*
Daylily *(Hemerocallis* x *hybrida)*
Blue sage *(Salvia* x *sylvestris)*
Meadowrue *(Thalictrum delavayi)*
Queen-of-the-prairie *(Filipendula rubra)*


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Hello, Hydrangeas

These show-offs will make any garden pop.



BY FRANKIE FLOWERS

White globes settled among deep green leaves and set against the red-brick backdrop of the classic Canadian farmhouse – hydrangeas are a local favourite with a rich North American history.

The hydrangea was discovered in 1730 by John Bartram, an English-American botanist and explorer who became King's Botanist to George III and is regarded as the father of American botany. Bartram brought the flowering plant back to England, and it soon became popular throughout Europe.

Today hydrangeas come in a rainbow of varieties and colours. The name comes from the Greek words *hydro* (or "water") and *angeion* ("vase") – "water vase." It's a fitting name for a garden plant that always enjoys a good watering. As a potted plant, hydrangeas also need frequent watering and wilt quite easily without it.

The most popular varieties of hydrangea include those from the *macrophylla* and *paniculata* families. All of these are perennial when planted in appropriate hardiness zones. Some bloom on new growth, others on last year's growth, and some bloom continuously throughout the season. The general rule is hydrangeas should be pruned after blooming.

For our Canadian climate, these are my favourite hydrangeas.

- **'Annabelle'** – the classic Canadian hydrangea. Mid- to late-summer blooming with huge, white globelike blooms. Prune to the ground in the spring. Blooms on new wood. Hardiness zones 4 to 9; full to partial sun.
- **'Limelights'** – Sturdy stems hold huge cone-shaped chartreuse green flowers. Flowers midsummer to late fall. Hardiness Zone 3; full to partial sun.
- **'Endless Summer'** – A new addition to the hydrangea family, so the verdict is still out on its overall performance in Canada. However, when it grows well, this is a continuously blooming garden plant that starts flowering in midsummer and has blue or pink flowers (blue with acidic soil, pink with alkaline soil). Hardiness Zone 4; partial sun. ■

FRANKIE'S FAB 5 DROUGHT-TOLERANT PLANTS

1. 'Autumn Joy' sedum. A very hardy fall-blooming perennial with deep pink flowers. Hardiness zones 2 to 9. Height, 30 cm; width, 45 to 60 cm.

2. Shasta daisy. A big, bold white-and-yellow sun-loving perennial. Hardiness zones 4 to 9. Height, 90 to 105 cm; width, 45 to 60 cm.

3. Lamb's ears. Soft silver foliage, with small spikes of pink flowers in early summer. Hardiness zones 3 to 9. Height, 30 to 45 cm; width, 30 to 60 cm.

4. Purple coneflower. Daisylike flowers bloom from late summer into fall. Hardiness zones 3 to 9. Height, 70 to 120 cm; width, 45 to 60 cm.

5. Black-eyed Susan. One of the best maintenance-free perennials around, with gold to yellow petals and a dark centre. Flowers in late summer and early fall. Hardiness zones 3 to 9. Height, 60 to 75 cm; width, 45 to 60 cm.

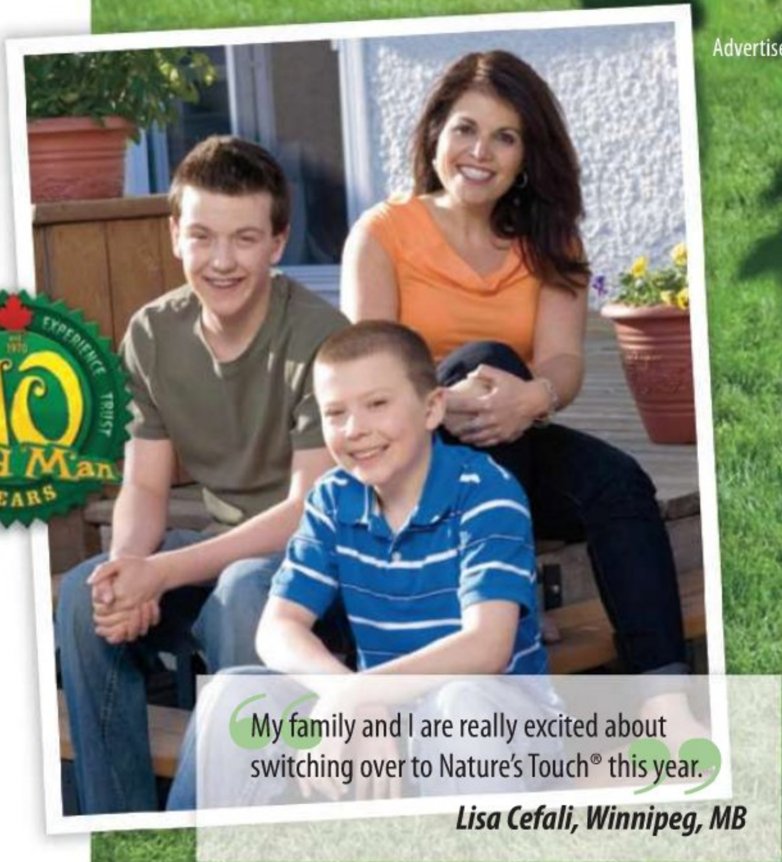


FRANKIE FLOWERS
a.k.a. Frank Ferragine of Toronto's "Breakfast Television" and "CityNews" on Citytv

PHOTOGRAPHY, THINKSTOCK

Lisa Cefali has turned over a new leaf

A loyal Weed Man customer for the past six years, this spring Lisa opted for the latest in lawn care



When time is at a premium

As the president and CEO of a large not-for-profit organization and mother of two energetic sons aged 12 and 14, Lisa Cefali doesn't have a lot of spare time on her hands. That's why she's come to count on the dependable, friendly service and top-notch results that Weed Man delivers to each and every client. As Lisa puts it: "I don't cut my own hair – I go to a professional, and I feel the same way about my lawn care: Let the experts get on with it!"

Taking the plunge

So when Lisa decided to switch to a more organically-focused approach to keeping her lawn healthy and weed free, she naturally turned to Weed Man. "I was really pleased when Lisa called to ask about our Nature's Touch® program" says David Hinton of Weed Man Winnipeg. "The switchover from one method of lawn care to the other is easy, and all of our Nature's Touch® products are completely safe for people, pets and neighbouring plants."

A reputation to be proud of

Over the past forty years, Canadians like Lisa have trusted Weed Man's team of experienced specialists to keep their lawns looking great all summer long. Our exclusive line of Nature's Touch® products represent the cutting-edge in environmentally-aware lawn care solutions. We're ready when you are.

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Enter online at mochasofa.com/weedman

*No purchase necessary. Must be legal Canadian resident (excluding Quebec), over age of majority in your province or territory to enter and win. Skill testing question required. Contest begins April 19, 2010 at 12:00:00 p.m (EDT) and ends on June 23, 2010 at 23:59:59 p.m (EDT). Complete contest details available at www.mochasofa.com/weedman


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Home Matters

EDITOR'S CHOICE

Who wouldn't love packing a romantic picnic for two in a traditional canvas-lined willow basket, complete with porcelain plates and mugs, cutlery, salt and pepper shakers, and corkscrew (JanetBasket, $66)? Or try these collapsible thermal picnic baskets with zippered or drawstring lids and aluminum handles (HomeSense, $15) to keep all you'll need for a family outing fresh from home to picnic site.



PHOTOGRAPHY, DAVID BAGOSY (BOTTOM, LEFT AND RIGHT)

test driven

Portable Barbecues



WEBER Q 100 GAS GRILL, $189, fires 8,500 BTUs across its porcelain-enamelled cast-iron cooking grate and features push-button ignition. Uses either a 14-ounce or a 20-pound propane tank.

THE VERDICT

"A mighty little gas barbecue that fires up with the push of a button. With no assembly required, it was ready to go right out of the box! It's powerful and just the right size for a balcony or road trips."

– Karen Kirk, senior editor, Home & Garden



CANADIAN TIRE MASTER CHEF ELECTRIC GRILL, $90, boasts 1,600 watts of heat controlled by a removable thermostat. It features 203 square inches of cooking space on chrome cooking grates.

THE VERDICT

"A little frustrating to assemble, but it heated up quite quickly and cooked evenly. Portable and user-friendly, it's ideal for apartment living (no fuel and charcoal fumes) or on-the-go camping."

– Nicolle Quesnelle, Oakville, Ont., reader



ZELLERS GRILLMATE GAS GRILL, $40, offers 10,000 BTUs of propane cooking power across its 290 square inches of grill.

THE VERDICT

"It's not exactly a cinch to put together, and the wire legs aren't as sturdy as would be ideal, but this little gas grill worked up a good heat, cooked well and is just the right size for a small apartment balcony."

– James Doyle, assistant editor



PC HOME KETTLE GRILL, $30, is available in four colours. This charcoal-burning barbecue is a tidy 20 inches high and has a 15¾-inch diameter grill.

THE VERDICT

"This is a great grill for the price. It's a bit light, and I felt the need to anchor it to keep it from shifting, but it cooks really well. And, of course, I love the gorgeous blue colour."

– Miriam Osborne, Toronto, reader

let's talk

YOU TELL US

Do you have a unique family heirloom or garage-sale find and want to know what it is or if it's valuable? Email your pics (make sure they're in focus!) to us at letters@canadianliving.com, along with your name, city and province, and we'll get our team of experts on the case.

DON'T THROW IT OUT

Q. I recently inherited a set of dishes. I've determined that the mark on the back means it was made in Japan and shipped to the U.S. for distribution, circa 1932. I would like to find out the pattern name and its value.

– Jill Artibello, Peterborough, Ont.



A. Your dinnerware was made around 1924 by a forerunner of the Noritake Company. Established in 1876 in Tokyo and New York, Morimura Brothers, Inc., sent Japanese giftware to North America. Information about early wares like yours no longer exists in the Noritake archives. Pieces range from $10 for a side plate to $150 for a covered vegetable dish. Visit noritake.com to see current patterns or Replacements Ltd. (replacements.com), where your pattern has been given the number N1638.

– Conrad Biernacki, programs manager, Royal Ontario Museum, Toronto



FIND AND DESIGN

This makeshift portable barbecue will save the day on an impromptu excursion to the beach, a picnic in the country or a backyard roast. And all the materials are easy to find.

YOU NEED:

- A metal bucket. Take a quick look around the house or at your local hardware store or thrift shop. We used an inexpensive 10 litre (10-quart), 28 cm (11-inch) diameter galvanized metal bucket.
- A nail spike (approx 20 cm/8 inches long; 1 cm/⅜-inch diameter) and hammer. We picked ours up at the hardware store.
- A metal tray (approx 20 cm/8-inch diameter) to protect the bottom of the bucket. We rescued a slotted metal tray from a discarded pressure cooker – it happened to fit perfectly.
- An aluminum (or aluminum foil) pie plate.
- A 25 to 28 cm (10- to 11-inch) diameter grill salvaged from an old barbecue. (Or, like us, you could use a round cooling rack.)
- Charcoal and lighter fluid.

TO MAKE:

- Using hammer and spike, pierce ventilation holes around bucket, approximately 15 cm (6 inches) from bottom.
- Pierce bottom of pie plate four times; position metal tray, then pie plate, inside on bottom of bucket.
- Place barbecue on heat-resistant level surface (such as sand, earth or stone), away from flammable items, overhangs and trees.
- Stack charcoal (for best results, use natural charcoal) in pyramid in pie plate, filling bottom third of bucket. Using lighter fluid, light charcoal, following product directions carefully.
- Place grill securely on bucket.
- **Remember:** Aluminum conducts heat very well, so always wear gloves and never leave the barbecue unattended. Ensure ashes are cold before discarding.

For shopping information, see page 180



PHOTOGRAPHY, DAVID BAGOSY


The room at the top of the stairs.
Full of cobwebs, books and stored memories.
Rumour was... it had its very own ghost.
We dusted off the cobwebs, kept only the books
and memories we wanted.
Then painted it blue.
Now we have a cottage at the top of the stairs.
And the only kind of spirit you'll find there,
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Best Ribs in Town

You can never go wrong with this crowd-pleaser. All you need are a few sides and a pile of napkins for this ultimate finger food.

tested till perfect

BY CHRISTINE PICHECA & THE TEST KITCHEN



Rosemary Garlic Baby Back Ribs

PHOTOGRAPHY, JODI PUDGE. FOOD STYLING, CLAIRE STUBBS. PROP STYLING, CATHERINE DOHERTY

Cover Recipe

Rosemary Garlic Baby Back Ribs

Prep: 5 minutes **Marinate:** 1 hour
Cook: 1 hour
Makes: 4 servings

* If using a charcoal barbecue, place drip pan in centre and arrange hot charcoal on either side. Set meat on greased grill over drip pan. Grill as directed.

2 lb (1 kg) **pork back ribs**
2 cloves **garlic,** minced
2 tbsp (30 mL) chopped **fresh rosemary**
1 tbsp (15 mL) **extra-virgin olive oil**
1 tsp (5 mL) **salt**
½ tsp (2 mL) **hot pepper flakes**
½ tsp (2 mL) **pepper**
1 **lemon,** quartered

Remove membrane from underside of ribs, if attached; cut into 4 sections of 3 or 4 ribs each.

In large dish, combine garlic, rosemary, oil, salt, hot pepper flakes and pepper. Add ribs and rub all over with spice mixture. Cover and refrigerate for 1 hour or for up to 24 hours.

Set foil drip pan under 1 rack of 2-burner barbecue or under centre rack of 3-burner barbecue. Heat remaining burner(s) to medium heat.

Place ribs, meat side down, on greased grill over unlit burner. Close lid and cook, turning once, until meat is tender and pulls away from ends of bones, about 1 hour. Squeeze lemon over ribs to serve.

PER SERVING: about 370 cal, 26 g pro, 28 g total fat (10 g sat. fat), 2 g carb, trace fibre, 103 mg chol, 696 mg sodium, 339 mg potassium. % RDI: 4% calcium, 9% iron, 2% vit A, 10% vit C, 2% folate.

Slow-Grilled Barbecue Pork Ribs

Prep: 15 minutes **Marinate:** 8 hours
Cook: 1½ hours
Makes: 6 to 8 servings

4 lb (2 kg) **pork back** or side **ribs**
¼ cup (60 mL) packed **brown sugar**
2 tbsp (30 mL) **paprika**
2 tsp (10 mL) **chili powder**
1 tsp (5 mL) **pepper**
1 large clove **garlic,** minced
½ tsp (2 mL) **cayenne pepper**
¼ tsp (1 mL) **salt**

RIB SAUCE:
½ cup (125 mL) **ketchup**
3 tbsp (45 mL) packed **brown sugar**
1 tbsp (15 mL) **paprika**
1 tbsp (15 mL) **chili powder**
1 tbsp (15 mL) **Worcestershire sauce**
2 cloves **garlic,** minced
Dash **hot pepper sauce**

Remove membrane from underside of ribs, if attached. In large dish, combine sugar, paprika, chili powder, pepper, garlic, cayenne pepper and salt. Add ribs and rub all over with spice mixture. Cover and refrigerate for 8 hours or for up to 24 hours.

RIB SAUCE: Meanwhile, in saucepan over medium heat, combine ketchup, sugar, paprika, chili powder, Worcestershire, garlic and hot pepper sauce; bring to boil. Reduce heat to medium-low; simmer until reduced to about ½ cup (125 mL), about 15 minutes. Set aside.

Set foil drip pan under 1 rack of 2-burner barbecue or under centre rack of 3-burner barbecue. Heat remaining burner(s) to medium heat.

Place ribs, meat side down, on greased grill over unlit burner. Close lid and cook, turning once, until meat is tender and pulls away from ends of bones, about 1 hour.

Brush ribs with about half of the sauce; cook, turning once, until glazed, about 10 minutes. Serve with remaining rib sauce on the side.

PER EACH OF 8 SERVINGS: about 410 cal, 27 g pro, 25 g total fat (10 g sat. fat), 19 g carb, 2 g fibre, 103 mg chol, 402 mg sodium, 521 mg potassium. % RDI: 6% calcium, 18% iron, 19% vit A, 10% vit C, 4% folate.

Chipotle-Glazed Beef Short Ribs

Prep: 10 minutes **Marinate:** 8 hours
Cook: 2½ hours
Makes: 6 to 8 servings

* Look for cans of chipotle peppers in adobo sauce in your grocery store's Mexican food aisle. If you can't find it, replace chipotle peppers with 2 jalapeño peppers, roasted and seeded, and 1 tbsp (15 mL) hot pepper sauce (such as Tabasco).

2 tsp (10 mL) **dried oregano**
1 tsp (5 mL) **ground cumin**
1 tsp (5 mL) **chili powder**
½ tsp (2 mL) **paprika**
½ tsp (2 mL) **salt**
¼ tsp (1 mL) **pepper**
1 clove **garlic**
4 lb (2 kg) **beef simmering short ribs,** cut into 2-inch (5 cm) pieces

CHIPOTLE BARBECUE SAUCE:
1 tbsp (15 mL) **vegetable oil** (optional)
1 **onion,** sliced
2 cloves **garlic,** minced
3 **chipotle peppers,** coarsely chopped
¼ cup (60 mL) packed **brown sugar**
¼ cup (60 mL) **lime juice**
2 tbsp (30 mL) **adobo sauce**
1 tbsp (15 mL) **tomato paste**
¼ tsp (1 mL) **salt** »



Chipotle-Glazed
Beef Short Ribs

In large resealable plastic bag, combine oregano, cumin, chili powder, paprika, salt, pepper and garlic. Cut ribs into individual pieces; add to spices, tossing to coat. Refrigerate for 8 hours or for up to 24 hours.

Place ribs in roasting pan; cover and roast in 350°F (180°C) oven until meat is tender enough to fall off the bone, 2 to 2½ hours. Transfer to plate. Skim fat from pan juices, reserving 1 tbsp (15 mL) fat for sauce. Set pan juices aside.

CHIPOTLE BARBECUE SAUCE: In saucepan, heat reserved beef fat (or vegetable oil) over medium-high heat; sauté onion and garlic until softened.

Add pan juices, chipotle peppers, brown sugar, lime juice, adobo sauce, tomato paste and salt; simmer over medium-low heat, stirring occasionally, for 15 minutes. Transfer to blender and purée until smooth.

Place ribs on greased grill over medium-high heat; close lid and cook, turning and basting often with sauce, until heated through and crisped outside, about 10 minutes.

PER EACH OF 8 SERVINGS: about 503 cal, 23 g pro, 40 g total fat (18 g sat. fat), 11 g carb, 1 g fibre, 86 mg chol, 367 mg sodium, 514 mg potassium. % RDI: 4% calcium, 17% iron, 7% vit A, 3% vit C, 5% folate.

Indonesian-Style Ribs

Prep: 20 minutes **Marinate:** 2 hours
Cook: 22 minutes
Makes: 4 to 6 servings

* This recipe is from our new book, *The Barbecue Collection.* If you can't find kecap manis, boil together ½ cup (125 mL) granulated sugar, ⅓ cup (75 mL) soy sauce and 2 tbsp (30 mL) fancy molasses until sugar is dissolved.

3 to 4 lb (1.5 to 2 kg) small **pork back** or **side ribs**
3 cloves **garlic,** minced
2 tbsp (30 mL) ground or finely minced **fresh lemongrass**
2 tbsp (30 mL) **fish sauce**
1½ tbsp (22 mL) minced **fresh coriander**
2 tsp (10 mL) finely grated **gingerroot**
2 **kaffir lime leaves,** centre vein removed, minced (or ½ tsp/2 mL finely grated lime rind)
¼ cup (60 mL) coarsely ground **roasted peanuts**

SWEET AND SPICY SAUCE:
¼ cup (60 mL) **peanut oil** or vegetable oil
⅓ cup (75 mL) sliced **shallots**
5 cloves **garlic,** sliced
4 tsp (20 mL) minced **Thai (bird's-eye) chilies** or other hot peppers
½ cup (125 mL) **sweet soy sauce** (kecap manis)
⅓ cup (75 mL) **lime juice**

Remove membrane from underside of ribs, if attached. Mix together garlic, lemongrass, fish sauce, coriander, ginger and lime leaves; rub all over ribs. Cover and marinate at room temperature for 2 hours or refrigerate for up to 24 hours.

SWEET AND SPICY SAUCE: In small saucepan, heat oil over medium-high heat; fry shallots until golden. With slotted spoon, transfer shallots to paper towel to drain. Add garlic to pan; fry until golden. Transfer to paper towel to drain.

In mortar with pestle, pound chilies until paste. Add shallots and garlic; pound until almost smooth (or finely mince). Transfer to large bowl; mix in sweet soy sauce and lime juice.

Place ribs on greased grill over medium heat; close lid and cook, turning constantly, until meat is tender, 20 to 25 minutes.

Cut into separate ribs; toss with sauce until coated. Cook, turning a few times, until glazed, 2 to 3 minutes. Transfer to serving platter; sprinkle with peanuts.

PER EACH OF 6 SERVINGS: about 555 cal, 29 g pro, 36 g total fat (12 g sat. fat), 29 g carb, 1 g fibre, 103 mg chol, 1,410 mg sodium, 577 mg potassium. % RDI: 7% calcium, 16% iron, 2% vit A, 13% vit C, 9% folate.

Savoury Beef Ribs

Prep: 10 minutes
Cook: 3¼ hours
Makes: 4 to 6 servings

2½ lb (1.25 kg) thinly sliced (about 1-inch/2.5 cm thick strips) **beef simmering short ribs**
½ tsp (2 mL) each **salt** and **pepper**
1 large **onion,** thickly sliced
4 cloves **garlic**
2 **bay leaves**
1 bottle (340 mL) **dark ale**
½ cup (125 mL) each **sodium-reduced beef broth** and **water**
2 tbsp (30 mL) **Worcestershire sauce**
1 tbsp (15 mL) **dry mustard**

Sprinkle ribs all over with salt and pepper; place in roasting pan. Add onion, garlic, bay leaves, dark ale, beef broth, water, Worcestershire sauce and mustard; spoon some of the sauce over ribs.

Cover and roast in 325°F (160°C) oven for 1 hour. Uncover and cook, basting every 30 minutes, until meat is tender enough to fall off the bone and sauce clings to ribs, 2 to 2½ hours.

Place ribs on greased grill over medium-high heat; close lid and cook until crisp outside, about 10 minutes.

PER EACH OF 6 SERVINGS: about 513 cal, 21 g pro, 44 g total fat (19 g sat. fat), 7 g carb, trace fibre, 84 mg chol, 368 mg sodium, 451 mg potassium. % RDI: 3% calcium, 14% iron, 3% vit C, 4% folate.

Devilled Beef Ribs

Prep: 10 minutes **Marinate:** 4 hours
Cook: 35 minutes
Makes: 6 to 8 servings

1 tbsp (15 mL) **vegetable oil**
1 **onion,** chopped
3 cloves **garlic,** minced
2 tsp (10 mL) **dried thyme**
½ tsp (2 mL) each **salt** and **pepper**
½ cup (125 mL) **Dijon mustard**
½ cup (125 mL) **grainy mustard**
⅓ cup (75 mL) **white wine** or chicken broth
¼ cup (60 mL) **liquid honey**
2 tbsp (30 mL) prepared **horseradish**
4 lb (2 kg) **beef grilling back ribs**
2 tbsp (30 mL) minced **fresh parsley**

In saucepan, heat oil over medium heat; cook onion, garlic, thyme, salt and pepper, stirring occasionally, until softened, about 5 minutes. Let cool.

Whisk in Dijon mustard, grainy mustard, wine, honey and horseradish. Remove ½ cup (125 mL) and reserve for basting.

Cut ribs into 1-rib portions; arrange in large shallow dish. Spread both sides with remaining sauce. Cover and refrigerate for 4 hours or for up to 24 hours.

Place ribs, curved side down, on greased grill over medium heat; close lid and cook for 5 minutes. Turn and brush with some of the reserved sauce; cook, brushing with sauce and turning often, until glazed and crusty, about 25 minutes. Sprinkle with parsley.

PER EACH OF 8 SERVINGS: about 224 cal, 14 g pro, 13 g total fat (4 g sat. fat), 13 g carb, trace fibre, 33 mg chol, 579 mg sodium. % RDI: 5% calcium, 14% iron, 1% vit A, 3% vit C, 17% folate. ■

tested till perfect

Quick & Easy

Weeknight dinner solutions

BY THE TEST KITCHEN

PHOTOGRAPHY BY JODI PUDGE | FOOD STYLING BY CLAIRE STUBBS | PROP STYLING BY CATHERINE DOHERTY

55*min* TOTAL TIME



Spiced Spatchcock Chicken

Prep: 10 minutes
Cook: 45 minutes
Makes: 4 servings

2 tbsp (30 mL) **extra-virgin olive oil**
1½ tsp (7 mL) **turmeric**
1 tsp (5 mL) **pepper**
¾ tsp (4 mL) **ground allspice**
½ tsp (2 mL) each **ground cinnamon** and **salt**
¼ tsp (1 mL) **cayenne pepper**
3 lb (1.5 kg) **whole chicken**
Lime wedges

In large bowl, combine oil, turmeric, pepper, allspice, cinnamon, salt and cayenne pepper; set aside.

Using kitchen shears, cut chicken down each side of backbone; remove backbone. Turn chicken breast side up; press firmly on breastbone to flatten. Add to bowl and rub all over with spice mixture.

Set foil drip pan on 1 burner of 2-burner barbecue or centre burner of 3-burner barbecue; heat remaining burner(s) to medium. Place chicken, bone side down, on greased grill over drip pan. Close lid and grill, turning once, until juices run clear when thigh is pierced, about 45 minutes. (Or, roast in 375°F/190°C oven for 1 hour.) Transfer to cutting board; let stand for 10 minutes before carving. Serve with lime wedges.

PER SERVING: about 373 cal, 32 g pro, 26 g total fat (6 g sat. fat), 1 g carb, 1 g fibre, 119 mg chol, 390 mg sodium, 401 mg potassium. % RDI: 2% calcium, 12% iron, 6% vit A, 2% vit C, 4% folate. »



Tofu Skewers with Jerk Barbecue Sauce and Grilled Coleslaw

Prep: 10 minutes **Cook:** 20 minutes **Makes:** 4 to 6 servings

1 pkg (454 g) firm or extra-firm **tofu**
2 cloves **garlic,** finely minced
2 tbsp (30 mL) **sodium-reduced soy sauce**
1 tbsp (15 mL) **vegetable oil**
1 each **sweet red, orange** and **yellow pepper**
6 **green onions** (white parts only)
Grilled Coleslaw (recipe follows)

JERK BARBECUE SAUCE:
1 cup (250 mL) **bottled strained tomatoes** (passata)
2 tbsp (30 mL) **fancy molasses**
1 to 2 tbsp (15 to 30 mL) **prepared jerk sauce**
2 tsp (10 mL) **malt vinegar**
¼ tsp (1 mL) **dried thyme**

JERK BARBECUE SAUCE: In pan, bring tomatoes, molasses, jerk sauce, vinegar and thyme to boil. Reduce heat and simmer until reduced to ½ cup (125 mL), 10 to 15 minutes. Set aside.

Meanwhile, cut tofu into 24 cubes. In bowl, toss tofu, garlic, soy sauce and oil; let stand for 10 minutes.

Cut each red, orange and yellow pepper into 24 pieces; cut each onion in half. Thread vegetables and tofu alternately onto soaked wooden skewers; brush with sauce.

Place on greased grill over medium-high heat; close lid and cook, turning and brushing with sauce, until vegetables are tender and slightly browned. Serve with coleslaw.

PER EACH OF 6 SERVINGS: about 201 cal, 9 g pro, 10 g total fat (2 g sat. fat), 23 g carb, 4 g fibre, 2 mg chol, 639 mg sodium, 575 mg potassium. % RDI: 22% calcium, 24% iron, 31% vit A, 197% vit C, 28% folate.

Grilled Coleslaw

Cut small cabbage into sixths; core. Cut half red onion into 3 wedges. Grill over medium heat until outer layers start to soften, 10 minutes. Thinly slice.

In bowl, toss cabbage; onion; 1 large carrot, grated; 2 tbsp (30 mL) each mayonnaise and malt or cider vinegar; and ¼ tsp (1 mL) each salt, pepper and celery seed. »



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Cheesesteak Sandwiches for Two

Prep: 6 minutes **Cook:** 20 minutes **Makes:** 2 servings

- 1 tbsp (15 mL) **extra-virgin olive oil**
- 1 large **sweet onion,** sliced
- 2 cloves **garlic,** sliced
- ½ tsp (2 mL) each **salt** and **pepper**
- ½ tsp (2 mL) **white wine vinegar**
- ¼ tsp (1 mL) **dried thyme**
- 8 oz (250 g) **beef strip loin grilling steak**
- 2 **soft oval buns**
- 4 slices **provolone cheese**
- **Pickled peppers** (optional)

In skillet, heat oil over medium-low heat; cook onion, garlic, half each of the salt and pepper, the vinegar and thyme until very soft and slightly caramelized, about 20 minutes.

Meanwhile, sprinkle steak with remaining salt and pepper. Place on greased grill over medium-high heat; close lid and grill, turning once, until desired doneness (about 8 minutes for medium-rare). Transfer to cutting board and tent with foil; let stand for 10 minutes before thinly slicing.

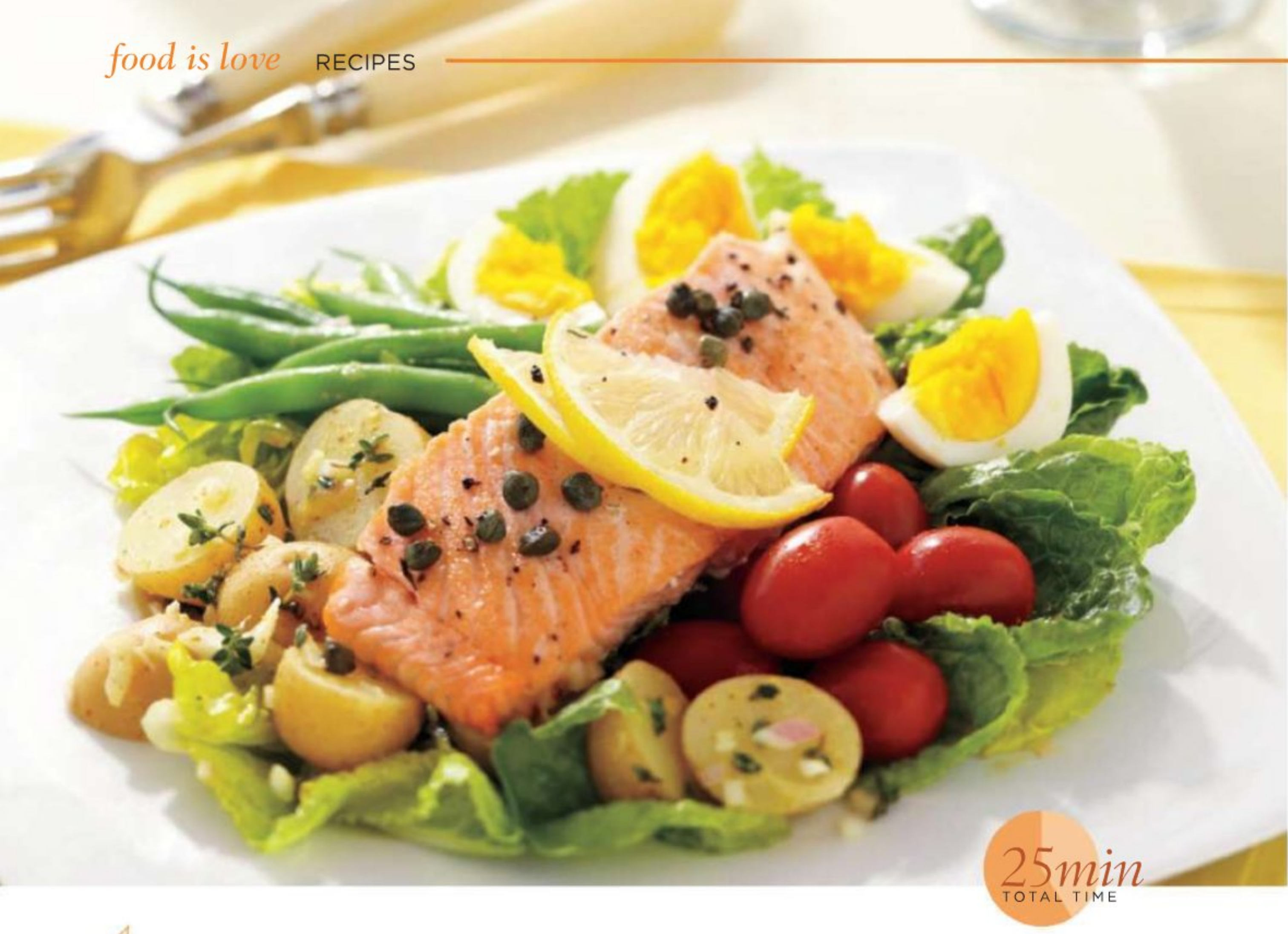
Cut buns in half; top each cut side with cheese and grill until melted. Sandwich steak, onions, and peppers (if using) in buns.

PER SERVING: about 651 cal, 41 g pro, 23 g total fat (7 g sat. fat), 68 g carb, 5 g fibre, 69 mg chol, 1,371 mg sodium, 687 mg potassium. % RDI: 32% calcium, 46% iron, 5% vit A, 15% vit C, 64% folate. »

26min TOTAL TIME




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Oven-Poached Salmon Salad with Mustard Vinaigrette

Prep: 15 minutes **Cook:** 10 minutes **Makes:** 4 servings

- 4 **skinless centre-cut salmon fillets** (about 6 oz/175 g each)
- ¼ tsp (1 mL) each **salt** and **pepper**
- 1 tbsp (15 mL) **capers,** drained and rinsed
- 1 **lemon,** thinly sliced
- 4 sprigs **fresh thyme**
- 1 lb (500 g) **new potatoes,** scrubbed and halved
- 1 lb (500 g) **green beans**
- 1 cup (250 mL) **grape tomatoes**
- 6 cups (1.5 L) torn **romaine lettuce**
- 4 hard-cooked **eggs,** peeled and quartered

MUSTARD VINAIGRETTE:

- 3 tbsp (45 mL) **extra-virgin olive oil**
- 1 tbsp (15 mL) **white wine vinegar**
- 2 tsp (10 mL) **lemon juice**
- 2 tsp (10 mL) **Dijon mustard**
- 1 **shallot** or green onion (white part only), minced
- 1 tsp (5 mL) minced **fresh thyme**
- ¼ tsp (1 mL) each **salt** and **pepper**
- Pinch **granulated sugar**

MUSTARD VINAIGRETTE: In large bowl, whisk together oil, vinegar, lemon juice, mustard, shallot, thyme, salt, pepper and sugar; set aside.

Place salmon in centre of large piece of parchment paper. Sprinkle with salt and pepper; top with capers, lemon and thyme. Fold paper to edge; double-fold all edges and pinch to seal packet. Roast on baking sheet in 450°F (230°C) oven until fish flakes easily when tested, 10 to 15 minutes.

Meanwhile, in saucepan of boiling salted water, cook potatoes until almost fork-tender, about 8 minutes.

Add beans; cook until tender, about 2 minutes. Drain and rinse under cold water; pat dry. Add to vinaigrette along with tomatoes; toss to coat.

Arrange lettuce on plates. Top with potato mixture, eggs and salmon; drizzle with any remaining vinaigrette.

PER SERVING: about 575 cal, 41 g pro, 32 g total fat (6 g sat. fat), 32 g carb, 7 g fibre, 270 mg chol, 978 mg sodium, 1,344 mg potassium. % RDI: 12% calcium, 25% iron, 59% vit A, 88% vit C, 96% folate. »

Asian Chicken Salad Remixed



Now you can create restaurant-inspired entrée salads at home with new **KRAFT Sizzling Salads**. Each entrée salad kit contains a perfectly paired cooking sauce and dressing, so you can make delicious, warm entrée salads in four simple steps.

ASIAN CHICKEN SALAD

Buy 1 **KRAFT Sizzling Salads** Asian Chicken Salad kit (includes cooking sauce and dressing)

WHAT YOU NEED TO MAKE 1 ENTRÉE SALAD:

1	boneless skinless chicken breast (110 to 170 g), cut into strips
2-3 Tbsp.	**Sizzling Salads** Teriyaki Ginger cooking sauce
1/2 tsp.	oil
3 cups	baby spinach
2-3 Tbsp.	**Sizzling Salads** Toasted Sesame dressing

Suggested salad ingredients: *sliced green onions, shredded carrots, snow peas, bean sprouts, drained canned mandarin oranges.*

FOLLOW THESE 4 EASY STEPS:



COOK and stir chicken strips in hot oil in skillet on MEDIUM-HIGH heat for 6 to 7 min., or until done. Reduce heat to LOW.



ADD 2-3 Tbsp. Teriyaki Ginger cooking sauce; cook and stir 30 sec.-1 min. or until chicken is evenly coated. Remove from heat.



TOSS greens and suggested salad ingredients with 2-3 Tbsp. Toasted Sesame dressing.



PLATE salad; top with warm chicken.

Sizzling Salads – a perfect pair

It's just the right combination of tastes, designed to go great together. A cooking sauce for your meat and a perfectly paired dressing for your greens, paired to perfection in one kit for a sensational main dish salad!

ASIAN CHICKEN SALAD marries the distinctive flavours of Teriyaki Ginger cooking sauce with tasty Toasted Sesame dressing.



SOUTHWEST CHICKEN SALAD serves up heat with a touch of sweet – Spicy Fajita cooking sauce and Barbecue Ranch dressing.

CHICKEN CAESAR SALAD pairs Cracked Black Pepper cooking sauce with Classic Caesar dressing for a twist on the traditional Caesar.

GREEK CHICKEN SALAD combines the tangy taste of Lemon Oregano cooking sauce with flavourful Mediterranean Feta dressing.

About the Cooking Sauce

It's not a marinade that takes hours to add flavour. With cooking sauce, you can add flavour instantly! You simply cook your chicken, then add cooking sauce; heat and stir for a few seconds for a tasty flavour in no time at all!

Grilled Sausage, Pepper and Bocconcini Pasta Salad

Prep: 10 minutes **Cook:** 15 minutes **Makes:** 4 servings

- 3 cups (750 mL) **penne**
- 1 large clove **garlic**
- ¼ tsp (1 mL) **salt**
- ¼ cup (60 mL) **extra-virgin olive oil**
- 3 tbsp (45 mL) **red wine vinegar**
- ¼ tsp (1 mL) **pepper**
- 4 hot or mild **Italian sausages**
- 1 each **sweet red, yellow** and **green pepper**
- 1 head **radicchio**
- 1 container (200 g) small **bocconcini** cheese
- ¼ cup (60 mL) loosely packed **fresh basil,** thinly sliced

In saucepan of boiling salted water, cook pasta according to package instructions; drain and set aside.

Meanwhile, mince garlic with salt. In large bowl, whisk garlic mixture, oil, vinegar and pepper. Set aside.

Place sausages and red, yellow and green peppers on greased grill over medium heat; close lid and grill, turning often, until juices run clear when sausages are pierced and peppers are charred all over, 10 to 15 minutes.

Cut sausages into bite-size pieces; set aside. Peel, quarter and seed peppers; slice and add to dressing. Toss to coat.

Cut radicchio in half lengthwise; remove core. Grill, turning often, until leaves are tender and slightly charred, 5 minutes. Transfer to cutting board; slice. Add to dressing. Add pasta, sausage, cheese and basil; toss to combine.

PER SERVING: about 726 cal, 35 g pro, 40 g total fat (14 g sat. fat), 57 g carb, 5 g fibre, 81 mg chol, 1,166 mg sodium, 508 mg potassium. % RDI: 32% calcium, 31% iron, 23% vit A, 197% vit C, 76% folate. ■

25min TOTAL TIME



Quick Takes

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tested till perfect

Berry Vinegars

Blueberries, raspberries and strawberries pack a punch of their own!

BY THE TEST KITCHEN



From left: Blueberry, Raspberry and Strawberry Balsamic Vinegars

PHOTOGRAPHY BY EDWARD POND | FOOD STYLING BY LUCIE RICHARD | PROP STYLING BY CATHERINE DOHERTY

Arugula, Blue Cheese and Pear Salad

Prep: 10 minutes
Cook: 12 minutes
Makes: 4 to 6 servings

6 cups (1.5 L) baby **arugula**
4 cups (1 L) torn packed **Boston lettuce**
Basic Berry Vinaigrette (recipe, page ON8)
4 oz (125 g) crumbled **blue cheese**
1 **pear,** cored and thinly sliced
1 rib **celery,** thinly sliced

CANDIED PECANS:
1 **egg white**
¼ cup (60 mL) packed **brown sugar**
Pinch each **salt** and **cinnamon**
½ cup (125 mL) **pecan halves**

CANDIED PECANS: In small bowl, beat egg white until frothy; whisk in brown sugar, salt and cinnamon. Stir in pecans. Spread on parchment paper–lined baking sheet. Bake in 325°F (160°C) oven until crisp and golden, 12 to 15 minutes. Let cool on pan on rack; break into pieces.

In large bowl, toss together arugula, Boston lettuce and vinaigrette. Sprinkle with blue cheese, pear, celery and pecans; toss to combine.

PER EACH OF 6 SERVINGS: about 264 cal, 8 g pro, 19 g total fat (5 g sat. fat), 19 g carb, 3 g fibre, 14 mg chol, 300 mg sodium, 484 mg potassium. % RDI: 20% calcium, 11% iron, 22% vit A, 23% vit C, 43% folate.



Arugula, Blue Cheese and Pear Salad with Basic Berry Vinaigrette

Mixed Greens with Chipotle Chicken

Prep: 10 minutes **Stand:** 10 minutes
Cook: 8 minutes
Makes: 4 to 6 servings

* The raspberry-flavoured vinaigrette suits this salad best.

2 **boneless skinless chicken breasts**
1 tbsp (15 mL) **extra-virgin olive oil**
1 tbsp (15 mL) **lemon juice**
¼ tsp (1 mL) each **chipotle chili powder** and **dried oregano**
¼ tsp (1 mL) each **salt** and **pepper**
5 cups (1.25 L) chopped **romaine lettuce**
3 cups (750 mL) packed **frisée lettuce**
2 cups (500 mL) chopped **radicchio**
Basic Berry Vinaigrette (recipe, page ON8)
½ cup (125 mL) crumbled **feta cheese**
⅓ cup (75 mL) toasted **pumpkin seeds**

With knife held horizontally, cut chicken breasts in half to make 4 pieces; place in shallow dish. Drizzle with oil and lemon juice; sprinkle with chipotle chili powder, oregano, salt and pepper. Turn to coat; let stand for 10 minutes.

Place on greased grill over medium-high heat; close lid and grill, turning once, until no longer pink inside, about 8 minutes. Let cool enough to handle; cut crosswise into strips.

In large bowl, toss together romaine and frisée lettuces, radicchio and vinaigrette. Sprinkle with feta, pumpkin seeds and chicken; toss to combine.

PER EACH OF 6 SERVINGS: about 174 cal, 15 g pro, 9 g total fat (3 g sat. fat), 8 g carb, 2 g fibre, 38 mg chol, 276 mg sodium, 440 mg potassium. % RDI: 9% calcium, 16% iron, 30% vit A, 22% vit C, 49% folate. »

Spinach, Goat Cheese and Almond Salad

Prep: 6 minutes

Makes: 4 to 6 servings

* Try the blueberry-flavoured vinaigrette for this assertive salad.

5 cups (1.25 L) packed **spinach leaves**

5 cups (1.25 L) packed torn **red leaf lettuce**

Basic Berry Vinaigrette (recipe follows)

4 oz (125 g) crumbled **goat cheese**

½ cup (125 mL) toasted **almonds**

⅓ cup (75 mL) thinly sliced **radishes**

In large bowl, toss together spinach, leaf lettuce and vinaigrette. Sprinkle with goat cheese, almonds and radishes; toss to combine.

PER EACH OF 6 SERVINGS: about 123 cal, 6 g pro, 8 g total fat (3 g sat. fat), 7 g carb, 2 g fibre, 9 mg chol, 101 mg sodium, 281 mg potassium. % RDI: 8% calcium, 13% iron, 38% vit A, 17% vit C, 29% folate.

Basic Berry Vinaigrette

Prep: 5 minutes

Makes: ⅓ cup (75 mL)

2 tbsp (30 mL) **extra-virgin olive oil**

2 tbsp (30 mL) **Strawberry, Raspberry or Blueberry Balsamic Vinegar** (recipes, this page)

1 tbsp (15 mL) **vegetable oil**

1 small **shallot,** minced

Pinch each **salt, pepper** and **granulated sugar**

In small glass measure, whisk together olive oil, vinegar, vegetable oil, shallot, salt, pepper and sugar. Store in airtight container for up to 24 hours.

PER 1 TBSP (15 ML): about 75 cal, trace pro, 8 g total fat (1 g sat. fat), 2 g carb, 0 g fibre, 0 mg chol, 2 mg sodium, 17 mg potassium. % RDI: 1% iron, 2% vit C.

Strawberry Balsamic Vinegar

Prep: 5 minutes

Cook: 2 minutes **Chill:** 1 week

Makes: about 1⅓ cups (325 mL)

1½ cups (375 mL) **white balsamic vinegar**

1 cup (250 mL) halved **strawberries**

1 tsp (5 mL) **peppercorns**

5 **fresh basil leaves**

Pinch **salt**

In saucepan, combine vinegar with strawberries, mashing slightly. Add peppercorns, basil leaves and salt; bring to boil. Reduce heat and simmer for 2 minutes. Remove from heat and let cool completely. Discard basil leaves.

Seal in heatproof jar. Refrigerate for 1 week. Strain through cheesecloth-lined sieve into clean jar. Refrigerate for up to 1 month.

PER 1 TBSP (15 ML): about 18 cal, trace pro, 0 g total fat (0 g sat. fat), 4 g carb, 0 g fibre, 0 mg chol, 4 mg sodium, 32 mg potassium. % RDI: 1% calcium, 1% iron, 5% vit C.

Raspberry Balsamic Vinegar

Prep: 5 minutes

Cook: 2 minutes **Chill:** 1 week

Makes: about 1⅓ cups (325 mL)

1½ cups (375 mL) **white balsamic vinegar**

1 cup (250 mL) **raspberries**

1 strip **orange rind**

5 large **fresh mint leaves**

Pinch **salt**

In saucepan, combine vinegar with raspberries, mashing slightly.

With back of knife, scrape any white pith off orange rind; add rind to pan along with mint and salt. Bring to boil; reduce heat and simmer for 2 minutes. Remove from heat; let cool completely. Discard mint and orange rind.

Seal in heatproof jar. Refrigerate for 1 week. Strain through cheesecloth-lined sieve into clean jar. Refrigerate for up to 1 month.

PER 1 TBSP (15 ML): about 17 cal, trace pro, 0 g total fat (0 g sat. fat), 3 g carb, 0 g fibre, 0 mg chol, 4 mg sodium, 27 mg potassium. % RDI: 1% calcium, 1% iron, 2% vit C.

Blueberry Balsamic Vinegar

Prep: 5 minutes

Cook: 2 minutes **Chill:** 1 week

Makes: about 1⅓ cups (325 mL)

1½ cups (375 mL) **white balsamic vinegar**

1 cup (250 mL) **blueberries**

1 strip **lemon rind**

2 sprigs **fresh thyme**

Pinch **salt**

In saucepan, combine vinegar with blueberries, mashing slightly.

With back of knife, scrape any white pith off lemon rind; add rind to pan along with thyme and salt. Bring to boil; reduce heat and simmer for 2 minutes. Remove from heat and let cool completely. Discard thyme and lemon rind.

Seal in heatproof jar. Refrigerate for 1 week. Strain through cheesecloth-lined sieve into clean jar. Refrigerate for up to 1 month.

PER 1 TBSP (15 ML): about 19 cal, trace pro, 0 g total fat (0 g sat. fat), 4 g carb, 0 g fibre, 0 mg chol, 5 mg sodium, 26 mg potassium. % RDI: 1% iron, 2% vit C. ■


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Asian Summer Noodles

Add a Korean, Japanese or Vietnamese flavour to your summer meals.

BY SOO KIM & THE TEST KITCHEN

PHOTOGRAPHY BY JODI PUDGE
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Soba Noodles with Spinach and Tofu

Hanoi-Style Vermicelli Noodles with Fish

Prep: 12 minutes **Marinate:** 1 hour **Cook:** 8 minutes **Makes:** 4 servings

- 2 **shallots,** finely chopped
- 2 cloves **garlic,** finely chopped
- 2 tbsp (30 mL) chopped **fresh dill**
- 1 tbsp (15 mL) **fish sauce**
- 1 tbsp (15 mL) each **white vinegar** and **water**
- 1 tbsp (15 mL) **vegetable oil**
- 1½ tsp (7 mL) minced **gingerroot**
- ¾ tsp (4 mL) ground **turmeric**
- ½ tsp (2 mL) **pepper**
- 1 lb (500 g) **tilapia fillets**
- 8 oz (250 g) **rice vermicelli**
- 2 cups (500 mL) **bean sprouts**
- 1 cup (250 mL) packed **fresh coriander leaves**
- ½ cup (125 mL) coarsely chopped **unsalted peanuts**

NOODLE SAUCE:

- 2 tbsp (30 mL) **granulated sugar**
- ¼ cup (60 mL) finely shredded **carrot**
- 2 tbsp (30 mL) **fish sauce**
- 2 tbsp (30 mL) **lime juice**
- 2 tsp (10 mL) **white vinegar**
- 1 to 2 **Thai (bird's-eye) chili peppers,** minced

PICKLED SHALLOTS:

- 3 **shallots,** thinly sliced in rings
- 1 tbsp (15 mL) **white vinegar**
- ¼ tsp (1 mL) **granulated sugar**

Using mortar and pestle, mash shallots with garlic to make paste. (Or very finely chop with knife.) Stir in dill, fish sauce, vinegar, water, oil, ginger, turmeric and pepper; spread all over fish. Cover and refrigerate for 1 hour.

NOODLE SAUCE: Meanwhile, whisk sugar with ⅔ cup (150 mL) hot water until dissolved; let cool. Stir in carrot, fish sauce, lime juice, vinegar and chili pepper; set aside.

PICKLED SHALLOTS: Meanwhile, in small bowl, combine shallots, vinegar and sugar; set aside.

Broil fish on greased broiler pan until nicely charred and flakes easily when tested with fork, 8 to 10 minutes. Cut into 4 portions.

Meanwhile, in large pot of boiling water, cook noodles according to package instructions, about 2 minutes. Drain and rinse under cold running water. Drain well; shake. Set aside to air-dry.

Divide noodles among 4 large bowls. Top with bean sprouts, coriander, fish and pickled shallots; sprinkle with peanuts. Serve with noodle sauce, adding as desired and tossing to coat.

PER SERVING: about 513 cal, 32 g pro, 15 g total fat (2 g sat. fat), 66 g carb, 5 g fibre, 50 mg chol, 1,145 mg sodium, 695 mg potassium. % RDI: 6% calcium, 16% iron, 14% vit A, 22% vit C, 35% folate. »



Hanoi-Style Vermicelli Noodles with Fish




OREO
Sippers

Korean Cold Somen-Noodle Salad

Prep: 12 minutes **Stand:** 15 minutes
Cook: 2 minutes
Makes: 4 to 6 servings

* To get kimchi juice, just gently squeeze the pickles.

9 oz (275 g) **somen noodles**
Half **cucumber,** cored and julienned
4 oz (125 g) **deli ham,** julienned (optional)
1½ cups (375 mL) sliced **Asian pear**
1 cup (250 mL) **kimchi,** chopped
½ cup (125 mL) finely chopped **green onion**
¼ cup (60 mL) **kimchi juice**
4 cups (1 L) shredded **curly endive** or red leaf lettuce
1 sheet **nori,** cut into strips

SAUCE:
3 tbsp (45 mL) **gochujang** (Korean hot pepper paste)
3 tbsp (45 mL) **rice vinegar**
2 tbsp (25 mL) each roasted **sesame seeds** and **sesame oil**
4 tsp (20 mL) **granulated sugar**
1 tbsp (15 mL) **sodium-reduced soy sauce**

PICKLED DAIKON:
½ cup (125 mL) thinly sliced peeled **daikon**
1 tbsp (15 mL) **rice vinegar**
½ tsp (2 mL) **granulated sugar**

PICKLED DAIKON: In small bowl, combine daikon, vinegar and sugar; refrigerate for 15 minutes.

Meanwhile, in large pot of boiling water, cook noodles according to package instructions, about 2 minutes. Drain and rinse under cold running water until no longer starchy. Drain well; shake. Set aside to air-dry for 10 minutes.

SAUCE: Meanwhile, stir together gochujang, vinegar, sesame seeds, sesame oil, sugar and soy sauce; set aside.

In bowl, combine noodles, cucumber, ham (if using), Asian pear, kimchi, green onion and kimchi juice; add half of the sauce and toss to combine. Add additional sauce to taste.

Add endive and nori, tossing gently. Divide among bowls; top with pickled daikon.

PER EACH OF 6 SERVINGS: about 257 cal, 6 g pro, 7 g total fat (1 g sat. fat), 43 g carb, 6 g fibre, 0 mg chol, 908 mg sodium, 269 mg potassium. % RDI: 4% calcium, 12% iron, 22% vit A, 23% vit C, 30% folate.

Wheat Noodles with Poached Chicken and Sesame Mustard Sauce

Prep: 15 minutes
Cook: 15 minutes
Makes: 4 servings

3 **boneless skinless chicken breasts** (about 1¼ lb/625 g)
2 tbsp (30 mL) **sake**
½ tsp (2 mL) **salt**
14 oz (400 g) **Japanese** or Chinese **wheat noodles** or linguine
1 tsp (5 mL) **sesame oil**
1 cup (250 mL) julienned **carrots**
Half **English cucumber,** julienned
1 cup (250 mL) fresh **bean sprouts**
½ cup (125 mL) shelled **edamame** (soy beans), rinsed

SESAME MUSTARD SAUCE:
¼ cup (60 mL) toasted **white sesame seeds**
1½ tsp (7 mL) **granulated sugar**
⅔ cup (150 mL) **mayonnaise**
¼ cup (60 mL) **prepared hot mustard** (such as Keen's)
2½ tbsp (37 mL) **seasoned rice vinegar**
2 tbsp (30 mL) **sodium-reduced soy sauce**

Place rack or steamer in wok or large shallow pan; pour in enough water to come 1 inch (2.5 cm) below rack. Cover and bring to boil; reduce heat to medium-high.

Place chicken on plate; sprinkle with sake and salt. Place on rack; cover and steam until no longer pink inside, about 15 minutes. Remove from steamer; drain and let cool.

Meanwhile, in large pot of boiling water, cook noodles according to package instructions, about 10 minutes. Drain and rinse under cold running water. Drain well; shake. Set aside to air-dry for 10 minutes. Toss with sesame oil.

SESAME MUSTARD SAUCE: In food processor, finely grind sesame seeds with sugar. Add mayonnaise, mustard, vinegar and soy sauce; process until smooth.

Divide noodles among 4 bowls. Slice chicken on bias and arrange on one side of bowl. Arrange carrots, cucumber, bean sprouts and edamame in piles around noodles on other side. Serve with sauce.

PER SERVING: about 846 cal, 46 g pro, 40 g total fat (6 g sat. fat), 74 g carb, 4 g fibre, 97 mg chol, 1,314 mg sodium, 775 mg potassium. % RDI: 8% calcium, 23% iron, 41% vit A, 13% vit C, 40% folate.

Soba Noodles with Spinach and Tofu

Prep: 10 minutes **Stand:** 15 minutes
Cook: 6 minutes
Makes: 4 servings

1 pkg (250 g) **Japanese buckwheat (soba) noodles**
1 lb (500 g) **fresh spinach,** trimmed
1 pkg (10 oz/300 g) **soft tofu,** cubed
2 **green onions,** thinly sliced on bias
2 tbsp (30 mL) thin strips **nori** (optional)
1 tbsp (15 mL) **toasted white sesame seeds**

SOBA SAUCE:

- 1 piece (about 4 inches/10 cm long) **dried kelp** *(konbu)*
- 2 cups (500 mL) **water**
- 1 cup (250 mL) **bonito flakes**
- ½ cup (125 mL) **mirin**
- ⅓ cup (75 mL) **sodium-reduced soy sauce**
- 2 tbsp (30 mL) **granulated sugar**
- 1 tbsp (15 mL) **sake**

SOBA SAUCE: In saucepan, soak kelp in water for 15 minutes. Bring just to boil over medium heat. Remove kelp and discard.

Stir bonito flakes into water in pan; simmer for 6 minutes. Add mirin, soy sauce, sugar and sake; return to boil. Strain through cheesecloth into heatproof measuring cup; let cool completely.

Meanwhile, in saucepan of boiling water, cook noodles according to package instructions, about 5 minutes. Drain and rinse under cold running water. Drain well; shake. Set aside to air-dry for 10 minutes.

Meanwhile, in covered skillet, steam spinach with ¼ cup (50 mL) water, stirring occasionally, just until wilted. Drain in colander; press out water.

Toss together noodles, spinach and about 1 cup (250 mL) of the soba sauce; divide among 4 bowls. Top with tofu; sprinkle with onions, nori (if using) and sesame seeds. Serve with remaining soba sauce, adding as desired and tossing to coat.

PER SERVING: about 369 cal, 20 g pro, 4 g total fat (1 g sat. fat), 64 g carb, 6 g fibre, 0 mg chol, 918 mg sodium, 725 mg potassium. % RDI: 22% calcium, 44% iron, 106% vit A, 18% vit C, 92% folate. ■

tested till perfect

Dinner on a Budget

Serve up protein-packed, low-cost pickerel for a tasty lunch or dinner.

BY THE TEST KITCHEN
PHOTOGRAPHY BY JODI PUDGE
FOOD STYLING BY CLAIRE STUBBS | PROP STYLING BY CATHERINE DOHERTY



Pickerel layered with everyday ingredients turns into an irresistible Cornmeal-Crusted Pickerel BLT.

Filipino Pickerel Adobo

Prep: 10 minutes
Cook: 15 minutes
Makes: 4 servings
Cost: $3.38 per serving

* You can refrigerate this dish for up to two days – the pickled flavour will become more pronounced. Serve hot or cold with rice or crusty bread.

- ½ cup (125 mL) **red pearl onions,** peeled and halved
- ⅓ cup (75 mL) **rice vinegar**
- 2 tbsp (30 mL) **soy sauce**
- 1 tbsp (15 mL) **extra-virgin olive oil**
- 2 sprigs **fresh thyme**
- 3 thin slices **gingerroot**
- 2 cloves **garlic,** minced
- 2 whole **cloves**
- 2 **bay leaves**
- Pinch **pepper**
- 1 lb (500 g) **pickerel fillets** (skin on)

In shallow Dutch oven or deep skillet, bring onions, vinegar, soy sauce, oil, thyme, ginger, garlic, cloves, bay leaves and pepper to boil.

Meanwhile, cut fish into 3-inch (8 cm) pieces; add to pan. Reduce heat, cover and simmer, basting fish occasionally, until fish flakes easily when tested, about 10 minutes. Using slotted spoon, transfer fish to platter; cover and keep warm.

Bring sauce to boil; boil until reduced to about ¼ cup (60 mL) and onions are softened, 2 to 3 minutes. Pour over fish.

PER SERVING: about 142 cal, 21 g pro, 5 g total fat (1 g sat. fat), 4 g carb, trace fibre, 89 mg chol, 569 mg sodium. % RDI: 11% calcium, 12% iron, 2% vit A, 3% vit C, 4% folate.

Beer-Battered Fish and Onion Rings

Prep: 10 minutes **Stand:** 15 minutes
Cook: 20 minutes
Makes: 4 to 6 servings
Cost: $3.70 per each of 6 servings

- 1½ cups (375 mL) **all-purpose flour**
- 1½ tsp (7 mL) **salt** (approx)
- ¼ tsp (1 mL) **cayenne pepper**
- 1 bottle (341 mL) **beer**
- 1 small **Spanish onion**
- **Vegetable oil** for deep-frying
- 1 lb (500 g) **pickerel fillets,** skinned
- **Lemon wedges** (optional)
- **Tartar sauce** (optional), recipe, page 147

In bowl, combine flour, salt and cayenne; whisk in beer until smooth. Let stand for 15 minutes.

Meanwhile, peel and cut onion into ½-inch (1 cm) thick slices; separate into rings.

In deep fryer or deep heavy pot, pour in enough oil to come at least 2 inches (5 cm) up side. Heat to 375°F (190°C).

With fork, dip 4 or 5 onion rings at a time into batter; add to deep-fryer and cook, turning halfway through, until golden, about 1 minute. With slotted spoon, transfer to paper towel–lined baking sheet; keep warm in 250°F (120°C) oven.

Cut fillets into serving-size pieces. Dip into batter; fry in oil, turning halfway through, until golden and fish flakes easily when tested, 5 to 7 minutes. With slotted spoon, add



Cornmeal-Crusted Pickerel BLT

to baking sheet to drain. Sprinkle with more salt, if desired. Serve with lemon wedges and tartar sauce (if using).

PER EACH OF 6 SERVINGS: about 500 cal, 28 g pro, 21 g total fat (2 g sat. fat), 46 g carb, 3 g fibre, 98 mg chol, 925 mg sodium, 623 mg potassium. % RDI: 14% calcium, 27% iron, 3% vit A, 5% vit C, 51% folate.

Tartar Sauce

Prep: 5 minutes
Makes: about ½ cup (125 mL)

⅓ cup (75 mL) **light mayonnaise**
2 tbsp (25 mL) **chopped cornichons** (small pickles) or sweet green relish
1 tbsp (15 mL) chopped rinsed drained **capers** (optional)
1 tsp (5 mL) **lemon juice**
Pinch each **salt** and **pepper**

In small bowl, mix together mayonnaise, cornichons, capers (if using), lemon juice, salt and pepper.

PER 1 TBSP (15 ML): about 35 cal, trace pro, 3 g total fat (1 g sat. fat), 2 g carb, 0 g fibre, 3 mg chol, 85 mg sodium, 5 mg potassium. % RDI: 1% iron.

Cornmeal-Crusted Pickerel BLT

Prep: 10 minutes
Cook: 15 minutes
Makes: 4 servings
Cost: $5.34 per serving

* You can use store-bought tartar sauce, especially if you're camping.

4 slices **bacon** (optional)
4 **skinless pickerel fillets** (1 lb/500 g)
¼ tsp (1 mL) each **salt** and **pepper**
⅓ cup (75 mL) **cornmeal**
1 tbsp (15 mL) **vegetable oil**
4 **oval buns,** halved
Tartar Sauce (recipe, this page)
4 leaves **romaine lettuce**
2 **plum tomatoes,** sliced

Cut bacon in half crosswise, if using. In nonstick skillet, fry until crisp; transfer to paper towel–lined plate. Drain fat from pan.

Meanwhile, sprinkle fish with salt and pepper. In shallow dish, press fish into cornmeal, turning to coat.

In same skillet, heat oil over medium heat; fry fish, turning once, until crisp, golden and flakes easily when tested, 6 to 8 minutes. Sandwich fish in buns along with tartar sauce, lettuce, tomatoes and bacon.

PER SERVING: about 425 cal, 29 g pro, 14 g total fat (2 g sat. fat), 44 g carb, 3 g fibre, 104 mg chol, 779 mg sodium, 649 mg potassium. % RDI: 18% calcium, 29% iron, 16% vit A, 13% vit C, 49% folate. ■



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Butch Cassidy and the Sundance Kid Western Salad Featuring Newman's Own® Oil & Vinegar Dressing

Paul Newman and Robert Redford may have won the West with this classic film, but this salad is sure to win taste buds at home. A mix of avocado, lime, black beans and corn make this layered salad a perfect fit for summer entertaining.



MAKES 6 TO 8 SERVINGS

Ingredients

- 2 large ripe avocados, peeled and chopped
- juice of 1 lime
- salt and pepper
- 1 head red leaf lettuce, torn into bite-size pieces
- 1 19 oz (540 mL) can black beans, rinsed and drained
- 1 12 oz (341 mL) can corn, rinsed and drained
- 4 green onions, chopped
- half pint grape tomatoes, sliced in half
- 1 cup (250 mL) grated sharp cheddar cheese
- **Newman's Own® Oil & Vinegar Dressing**, as desired

Preparation

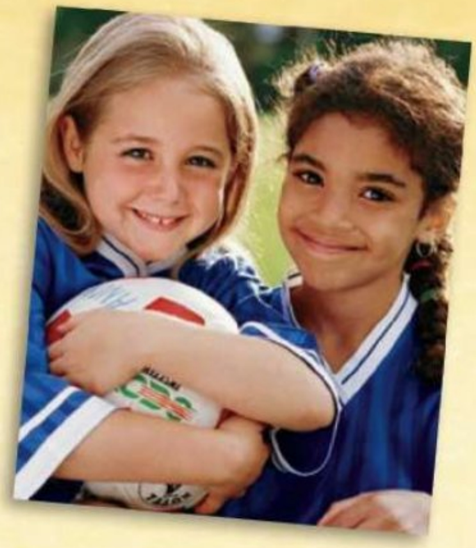
1. PLACE avocados in medium bowl. Toss with lime juice. Season to taste with salt and pepper; set aside.

2. IN a glass bowl if possible, layer half of each of lettuce, beans, corn, green onions, tomatoes, avocado and cheese. Repeat layering with remaining ingredients. (Can be made 3 hours ahead. Cover; chill).

3. DRIZZLE with Newman's Own® Oil & Vinegar Dressing.

Serving Suggestion

Add cooked or grilled shrimp as one of the layers for a main course salad.



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If you're flipping through this magazine, chances are you're an avid reader. But if you lost your sight, would all your favourite mystery novels, short stories and biographies slowly disappear along with it?

HOW TO READ THIS IF YOU CAN'T SEE IT.

Truth is, people who are blind and partially sighted can read magazines, text books, websites, recipe cards, postcards, romance novels, cat food labels, newspapers, and on and on. They just "read" in a slightly different way.

Along with braille, new technologies have made reading a lot more accessible. "Talking books" can play novels and magazines on portable devices. But what about more obscure literature, like the back of a bag of chips? Then you can use a scanner and character recognition software. You simply place the material in question under the glass, and your computer reads out what's written.



The internet is also largely accessible for people without sight. Computer software makes it possible to navigate through websites, emails and documents by reading out the words on the screen.



And for people who have some sight, a handheld magnifier or a screen magnifier can do the trick. There really are dozens of devices and technologies that can help you read almost anything. Even if your passion lies in reading the sides of cereal boxes.

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Mixed Grill

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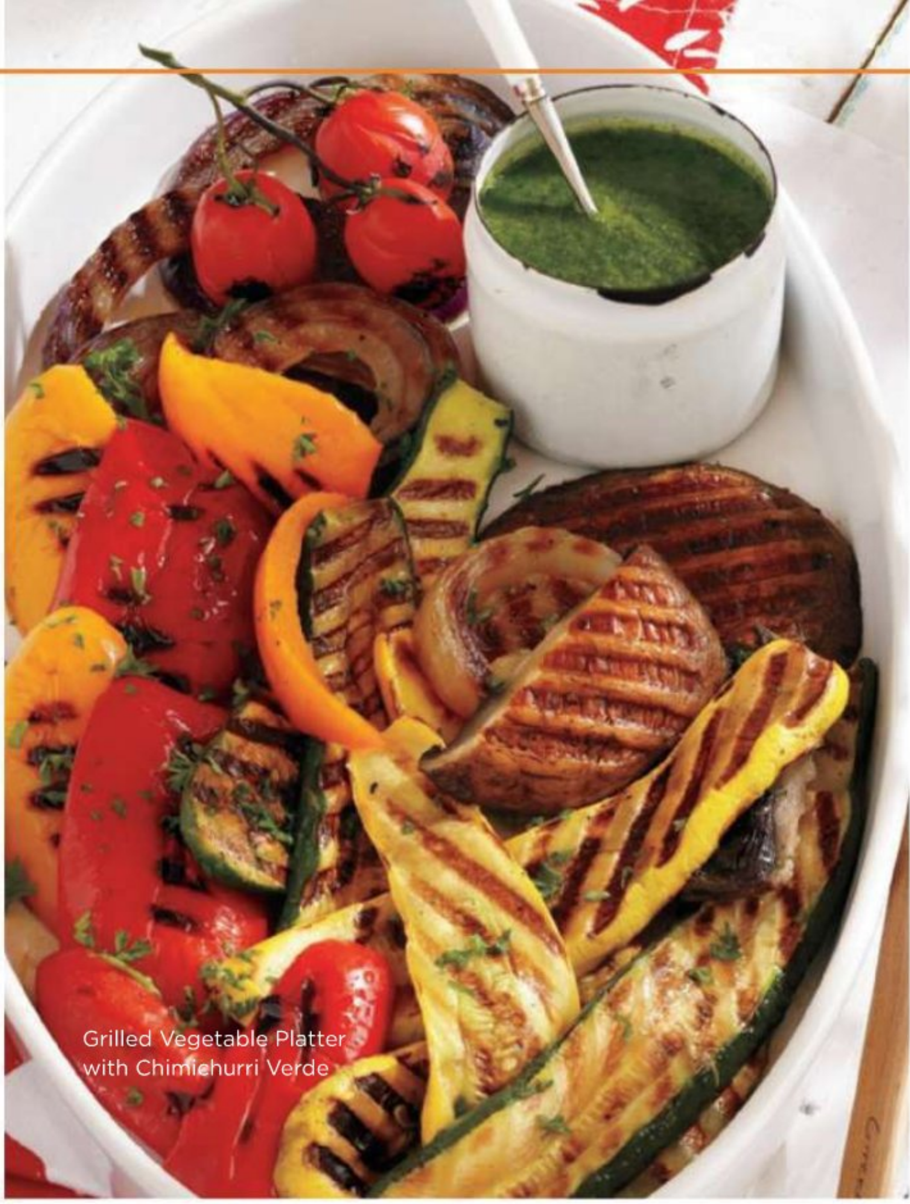
Celebrate Canada Day – and our country's fantastic local meats and produce – with Argentinian flair.

BY THE TEST KITCHEN



From left: Grilled Marinated Quail, grilled sausages, Chimichurri Rojo, Grilled Chimichurri Sweetbreads, Grilled Marinated Chicken Breasts

PHOTOGRAPHY BY JODI PUDGE | FOOD STYLING BY CLAIRE STUBBS | PROP STYLING BY CATHERINE DOHERTY



Grilled Vegetable Platter with Chimichurri Verde

MIXED GRILL FOR 12

- Grilled Marinated Flank Steak
- Grilled Marinated Quail
- Grilled Marinated Chicken Breasts
- Grilled Chimichurri Sweetbreads
- Grilled sausages*
- Chimichurri Verde
- Chimichurri Rojo
- Grilled Vegetable Platter
- Steamed rice or boiled new potatoes*
- Tossed green salad*
- Spice Cake with Rum-Soaked Strawberries and ice cream

**Recipe not provided*

Grilled Marinated Flank Steak

Prep: 5 minutes **Marinate:** 4 hours
Cook: 8 minutes
Makes: 4 to 6 main-course servings

3 tbsp (45 mL) **lime juice**
3 tbsp (45 mL) **extra-virgin olive oil**
3 cloves **garlic,** minced
¼ tsp (1 mL) each **ground cumin** and **pepper**
1½ lb (750 g) **beef flank marinating steak**
Sea salt or salt
Chimichurri Verde and/or **Chimichurri Rojo** (recipes, pages 155 and 157)

In glass bowl, combine lime juice, oil, garlic, cumin and pepper. Add steak, turning to coat. Cover and refrigerate for 4 hours.

Sprinkle steak with salt to taste. Place on greased grill over medium-high heat; close lid and grill, turning once, until medium-rare, 8 to 10 minutes.

Transfer to cutting board and tent with foil; let stand for 10 minutes before thinly slicing across the grain. Serve with Chimichurri Verde and/or Chimichurri Rojo.

PER EACH OF 6 SERVINGS: about 312 cal, 24 g pro, 22 g total fat (5 g sat. fat), 3 g carb, 1 g fibre, 48 mg chol, 146 mg sodium, 307 mg potassium. % RDI: 3% calcium, 22% iron, 9% vit A, 25% vit C, 10% folate.

Grilled Vegetable Platter

Prep: 10 minutes
Cook: 10 minutes
Makes: 12 side-dish servings

* Have fun with this platter, grilling vegetables in batches and adding your favourites to the mix. Serve with Chimichurri Verde (recipe, page 155).

4 each **sweet red** and **orange peppers**
4 each medium **yellow** and **green zucchini**
2 small **red onions**
9 **portobello mushrooms**
½ cup (125 mL) **extra-virgin olive oil**
¼ tsp (1 mL) each **salt** and **pepper**

Core and seed red and orange peppers; cut into quarters. Cut zucchini lengthwise into ¼-inch (5 mm) thick strips.

Cut onions into ½-inch (1 cm) thick rings; skewer to keep rings intact. Remove stems from mushrooms; with spoon, scrape out gills.

Brush vegetables with oil; sprinkle with salt and pepper. Place on greased grill over medium-high heat; close lid and grill, turning once, until tender and lightly charred, 10 to 15 minutes.

PER SERVING: about 145 cal, 3 g pro, 10 g total fat (1 g sat. fat), 14 g carb, 4 g fibre, 0 mg chol, 56 mg sodium, 632 mg potassium. % RDI: 3% calcium, 8% iron, 23% vit A, 215% vit C, 20% folate. »


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Grilled Marinated Quail

Prep: 10 minutes **Marinate:** 4 hours
Cook: 12 minutes
Makes: 4 to 6 main-course servings

✱ Quail is especially delicious with Chimichurri Rojo (recipe, page 157), while grilled chicken breasts (recipe follows) are nicely accented with the fresh-tasting Chimichurri Verde (recipe, page 155). Basting poultry with an oil mixture is a great way to keep it moist while grilling.

¼ cup (60 mL) **lime juice**
¼ cup (60 mL) **extra-virgin olive oil**
2 tbsp (30 mL) each minced **fresh parsley** and **oregano**
3 cloves **garlic,** minced
3 **bay leaves,** torn
¼ tsp (1 mL) each **salt** and coarsely ground **pepper**
¼ tsp (1 mL) **dried thyme**
6 **quail**

In large glass bowl, combine 3 tbsp (45 mL) each of the lime juice and oil; add parsley, oregano, garlic, bay leaves, salt, pepper and thyme.

Using kitchen shears, cut quail down each side of backbone; remove backbone (save for stockpot). Turn quail breast side up; press to flatten. Add to marinade, turning to coat. Cover and refrigerate for 4 hours.

In small bowl, combine remaining lime juice and oil. Place quail, skin side down, on greased grill over medium-high heat; close lid and grill, turning once and basting occasionally, until skin is crisp and juices run clear when thigh is pierced, 12 to 15 minutes.

PER EACH OF 6 SERVINGS: about 267 cal, 20 g pro, 20 g total fat (4 g sat. fat), 2 g carb, 1 g fibre, 66 mg chol, 140 mg sodium, 198 mg potassium. % RDI: 3% calcium, 29% iron, 7% vit A, 7% vit C, 4% folate.

FOR CHICKEN LOVERS

Grilled Marinated Chicken Breasts

Replace quail with 3 boneless skinless chicken breasts. Sprinkle with additional salt and pepper before grilling, if desired.

Grilled Chimichurri Sweetbreads

Prep: 10 minutes **Stand:** 5 hours
Cook: 27 minutes
Makes: 4 to 6 main-course servings

✱ You may be familiar with sweetbreads from seeing them on restaurant menus. Though not difficult to make, they do require a little extra preparation before cooking. Look for them at butcher shops that sell veal.

1½ lb (750 g) **veal sweetbreads**
2 tbsp (30 mL) **white wine**
1 **bay leaf**
6 **peppercorns**
½ tsp (2 mL) **salt**
Chimichurri Verde (recipe, page 155)
Sea salt and **pepper**

Soak sweetbreads in a few changes of cold water for 1 hour; drain. Place in saucepan with enough water to cover. Add wine, bay leaf, peppercorns and salt; bring to boil. Reduce heat and simmer just until no longer pink in centre, about 12 minutes. Let cool in pan; drain.

Place sweetbreads on plate or in shallow pan; cover with plastic wrap and weigh down with several plates. Refrigerate for 4 hours or for up to 24 hours.



Spice Cake with Rum-Soaked Strawberries and ice cream

Drain any juice from sweetbreads; trim off thin outer membranes and any tough connective tissue, breaking up as little as possible. Toss with half of the Chimichurri Verde.

Place on greased grill over medium-high heat; close lid and grill, turning once, until crusty and tender, about 15 minutes. Slice and sprinkle with sea salt and pepper to taste. Serve with remaining Chimichurri Verde.

PER EACH OF 6 SERVINGS: about 211 cal, 17 g pro, 15 g total fat (3 g sat. fat), 1 g carb, 1 g fibre, 167 mg chol, 144 mg sodium, 301 mg potassium. % RDI: 3% calcium, 15% iron, 9% vit A, 47% vit C, 10% folate.

Chimichurri Verde

Prep: 5 minutes
Makes: about ½ cup (125 mL)

1 cup (250 mL) packed **fresh parsley** leaves
2 tbsp (30 mL) packed **fresh oregano** leaves
2 cloves **garlic**
Half **jalapeño pepper,** seeded
¼ tsp (1 mL) each **salt** and **pepper**
¼ cup (60 mL) **extra-virgin olive oil**
2 tbsp (30 mL) **water**
1 tbsp (15 mL) **red wine vinegar**

In food processor, finely chop together parsley, oregano, garlic, jalapeño pepper, salt and pepper. Add oil, water and vinegar; pulse until combined. »



Puffy Pizza Omelette

Another tame TUESDAY *meal?* *Prepare for* LIFT-OFF

Boost any day with this super combo! The flavour of pizza is always a hit and eggs are a terrific, nutritious pick-me-up for any busy week night. The cream creates a puffy, tender omelette – any day magic that's sure to lift the whole family.

Ingredients:

6 eggs
2 tbsp (30 mL) all-purpose flour
1 tsp (5 mL) dried oregano
1/4 tsp (1 mL) each, salt and pepper
1 cup (250 mL) 10% half-and-half or 18% table cream
1 tbsp (15 mL) butter
1 small oblong potato, peeled and shredded
2 cups (500 mL) sliced mushrooms
1/2 sweet green pepper, chopped
1/2 cup (125 mL) chopped smoked ham (optional)
1 plum tomato, sliced
1/2 cup (125 mL) shredded Canadian Mozzarella or Provolone cheese

1. Preheat the broiler with rack positioned 6 inches (15 cm) from heat. **2.** In a bowl, whisk eggs with flour, oregano, salt and pepper; whisk in cream until blended. **3.** In a large nonstick skillet, melt butter over medium-high heat; add potatoes, mushrooms, green pepper and ham (if using); sauté for 8 min or until mushrooms release their liquid and start to brown and potatoes are tender. Reduce heat to medium-low and pour in egg mixture. Cook, stirring gently with a heatproof spatula for about 2 min or until eggs are about half set. Cook without stirring for 3 min or until eggs are almost set. **4.** Broil for about 3 min or until omelette is puffed and browned. Arrange tomatoes on top of omelette and sprinkle with cheese; broil for 1 min or until cheese is melted.

Prep: 12 min • Cook: 17 min • 4 servings

PER 1 TBSP (15 ML): about 65 cal, trace pro, 7 g total fat (1 g sat. fat), 1 g carb, 1 g fibre, 0 mg chol, 77 mg sodium, 54 mg potassium. % RDI: 2% calcium, 5% iron, 7% vit A, 18% vit C, 6% folate.

Chimichurri Rojo

Prep: 5 minutes
Makes: about ¾ cup (175 mL)

* For a more fiery sauce, increase cayenne to ½ tsp (2 mL).

½ cup (125 mL) **sherry vinegar** or red wine vinegar
¼ cup (60 mL) **extra-virgin olive oil**
3 tbsp (45 mL) minced **fresh parsley** leaves
3 cloves **garlic,** minced
4 tsp (20 mL) **paprika**
1 tsp (5 mL) **ground cumin**
½ tsp (2 mL) each **salt** and **pepper**
¼ tsp (1 mL) **cayenne pepper**

In bowl, whisk together vinegar, oil, parsley, garlic, paprika, cumin, salt, pepper and cayenne.

PER 1 TBSP (15 ML): about 35 cal, trace pro, 4 g total fat (1 g sat. fat), 1 g carb, trace fibre, 0 mg chol, 73 mg sodium, 26 mg potassium. % RDI: 3% iron, 3% vit A, 3% vit C, 1% folate.

Spice Cake with Rum-Soaked Strawberries

Prep: 20 minutes
Cook: 30 minutes
Makes: 12 servings

* This cake-and-berry combo makes a fabulous finale with a scoop of vanilla ice cream.

¾ cup (175 mL) **unsalted butter,** softened
1 cup (250 mL) **granulated sugar**
½ tsp (2 mL) **salt**
2 tbsp (30 mL) **fancy molasses**
1 tsp (5 mL) **vanilla**
2 **eggs**
2½ cups (625 mL) **all-purpose flour**
2 tsp (10 mL) **cinnamon**
1 tsp (5 mL) each **baking soda** and **baking powder**
1 tsp (5 mL) **ground ginger**
¼ tsp (1 mL) each **ground allspice** and **grated nutmeg**
1½ cups (375 mL) **buttermilk**

RUM-SOAKED STRAWBERRIES:
3 cups (750 mL) **strawberries,** quartered
3 tbsp (45 mL) **dark** or amber **rum**
3 tbsp (45 mL) **granulated sugar**

Grease and flour 13- x 9-inch (3.5 L) metal cake pan. Line bottom with parchment paper and set aside.

In large bowl, beat together butter, sugar and salt until light and fluffy. Beat in molasses and vanilla until combined. Beat in eggs, 1 at a time.

In separate bowl, whisk together flour, cinnamon, baking soda, baking powder, ginger, allspice and nutmeg; stir into butter mixture alternately with buttermilk, making 3 additions of dry ingredients and 2 of wet. Scrape into prepared pan.

Bake in 350°F (180°C) oven until cake tester inserted in centre comes out clean, about 30 minutes. Let cool in pan for 10 minutes. Turn out onto rack; let cool completely.

RUM-SOAKED STRAWBERRIES: Meanwhile, toss together strawberries, rum and sugar; let stand for 30 minutes or for up to 4 hours. Serve with cake.

PER SERVING: about 336 cal, 5 g pro, 13 g total fat (8 g sat. fat), 48 g carb, 2 g fibre, 64 mg chol, 266 mg sodium, 217 mg potassium. % RDI: 8% calcium, 14% iron, 12% vit A, 42% vit C, 31% folate. ■

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Mild Semisoft Cheeses

Some of Canada's favourite cheeses, these mild beauties are terrific in appetizers. Here are three popular varieties, and three recipes that let them strut their stuff.

BY ANDREW CHASE & THE TEST KITCHEN


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Fontina Panzerotti

Mild semisoft cheeses don't fall into a category defined by cheese-making method. This looser grouping is distinguished by the cheeses' mild, sweet dairy taste and supple texture.

Most of these cheeses, such as Canadian Muenster or Saint-Paulin, have washed rinds, made by pressing curds into moulds, then drying and washing them with a salt solution, often flavoured with liquor, wine or herbs. Generally, they are aged for only one or two months to preserve their unassertive flavour. There are also pressed-curd varieties, such as Monterey Jack, which are cured – some for just a week – but not washed.

This category can include fairly bland industrially made cheeses, such as Canadian Muenster or Jack cheese, but smaller Canadian producers create their own delicious and distinctive mild semisoft cheeses, such as Le Mont-Jacob from Fromagerie Blackburn in Quebec. Below are three of the most common favourites in this category.

Canadian Fontina, with its red wax coating, is based on an Italian cheese with a long history. Its yellow-ivory body is soft but elastic with a nutty, sweet, faintly fruity flavour.

Saint-Paulin, a monastery cheese, is modelled on French Port-Salut (as is Quebec's famous Oka). It has a moist light-orange rind and a whitish ivory interior, with a creamy consistency and a rich and buttery flavour that's full yet considerably milder than its cousin Oka.

Havarti is creamy and mild with a barely there moist crust and ivory interior flecked with tiny irregular holes. A 19th-century Danish creation, it has a strong, buttery aroma and mild flavour. Havarti comes in creamy, regular and light styles, as well as ones flavoured with herbs, jalapeños or other seasonings.

Mild semisoft cheeses are a must on a cheese plate. They go well with fruit, especially grapes, and are often served with a flavour booster, such as chutney or relish. Versatile in cooking, they melt to a pleasingly oozy texture.

Fontina Panzerotti

Prep: 15 minutes **Stand:** 15 minutes
Cook: 20 minutes
Makes: 32 pieces

- 1½ lb (750 g) **pizza dough**
- 16 slices **Genoa** or other **salami** (2½ oz/75 g), cut into quarters
- 2 **roasted red peppers,** cut into thirty-two 1-inch (2.5 cm) squares
- 10 oz (300 g) **Fontina** or other mild semisoft **cheese,** cut into thirty-two ¾-inch (2 cm) cubes
- **Olive oil** or vegetable oil

Divide dough into 4 pieces; shape each into ball. Cover and let rest for 15 minutes.

Roll each ball into rope; cut each into 8 pieces. Roll each into ball. Press each ball into about 2-inch (5 cm) circle; place 2 pieces salami, 1 square pepper and 1 cube cheese in centre. Fold dough over filling to make half-moon shape; pinch edge together. Roll and crimp edge to seal.

In deep heavy-bottomed saucepan or deep fryer, add enough oil to come 1½ inches (4 cm) up side; heat over medium heat until oil registers 335°F (170°C) on deep-fryer thermometer. »



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Mocha Fudge Brownie
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Fry panzerotti, in batches, turning to brown all over, until evenly golden, 4 to 5 minutes per batch. Drain on paper towels. Serve hot.

PER PIECE: about 117 cal, 4 g pro, 7 g total fat (2 g sat. fat), 9 g carb, 1 g fibre, 12 mg chol, 202 mg sodium, 39 mg potassium. % RDI: 5% calcium, 5% iron, 4% vit A, 13% vit C, 14% folate.

Saint-Paulin Mushroom Toasts

Prep: 15 minutes
Cook: 13 minutes
Makes: 12 pieces

12 slices **baguette**
2 tbsp (30 mL) **butter** or olive oil
¼ cup (60 mL) minced **shallots**
1 clove **garlic,** minced
8 oz (250 g) **mushrooms,** thinly sliced
¼ tsp (1 mL) **salt**
⅓ cup (75 mL) **dry white wine**
Pinch **nutmeg**
2 tbsp (30 mL) finely chopped **fresh parsley**
4 oz (125 g) **Saint-Paulin** or other mild semisoft **cheese,** sliced
Pinch **paprika**

Toast baguette slices in 425°F (220°C) oven, turning once, until light golden, 6 to 8 minutes.

Meanwhile, in skillet, melt butter over medium heat; fry shallots and garlic until softened, 2 to 3 minutes. Add mushrooms and salt; increase heat to medium-high and sauté until no liquid remains and edges of mushrooms are golden, 6 to 8 minutes. Stir in wine and nutmeg. Boil until liquid is evaporated but mixture is still moist; stir in parsley.

Spoon heaping 1 tbsp (15 mL) of the mushroom mixture onto each toast. Top each with cheese slice; sprinkle with paprika.

Bake on baking sheet in 425°F (220°C) oven until cheese is melted and bubbly, about 5 minutes.

PER PIECE: about 98 cal, 4 g pro, 5 g total fat (3 g sat. fat), 9 g carb, 1 g fibre, 17 mg chol, 199 mg sodium, 96 mg potassium. % RDI: 7% calcium, 5% iron, 6% vit A, 2% vit C, 7% folate.

Havarti-Stuffed Cocktail Tomatoes

Prep: 12 minutes
Cook: 7 minutes
Makes: 12 pieces

* Cocktail tomatoes are larger than cherry but smaller than regular tomatoes. There are many varieties, and most are sweet and juicy. Look for them in plastic boxes (like cherry tomatoes) in the produce section.

12 **cocktail tomatoes** (14 oz/400 g)
Basil leaves (about 4), torn
2 oz (60 g) **Havarti** or other mild semisoft **cheese,** cut into twelve ½-inch (1 cm) cubes
¼ cup (60 mL) **fresh bread crumbs**
1 tbsp (15 mL) **olive oil**
½ tsp (2 mL) **fennel seeds,** lightly crushed
¼ tsp (1 mL) **black pepper**

Cut ¾-inch (2 cm) slice off top of each tomato; scoop out and discard seeds and core. Place piece of basil leaf and 1 cube of cheese inside each.

Mix together bread crumbs, oil, fennel seeds and pepper; top each tomato with about 1 tsp (5 mL) of the crumb mixture. Place in greased 8-inch (2 L) square glass baking dish.

Bake in 450°F (230°C) oven until crumbs are browned and tomatoes are tender, 7 to 8 minutes.

PER PIECE: about 37 cal, 1 g pro, 3 g total fat (1 g sat. fat), 2 g carb, trace fibre, 5 mg chol, 42 mg sodium, 62 mg potassium. % RDI: 3% calcium, 1% iron, 3% vit A, 5% vit C, 2% folate. ■



tested till perfect

Old-Fashioned Summer Desserts

Grunts and buckles may not sound so pretty, but they're heavenly and packed with luscious fruit.

BY ADELL SHNEER & THE TEST KITCHEN



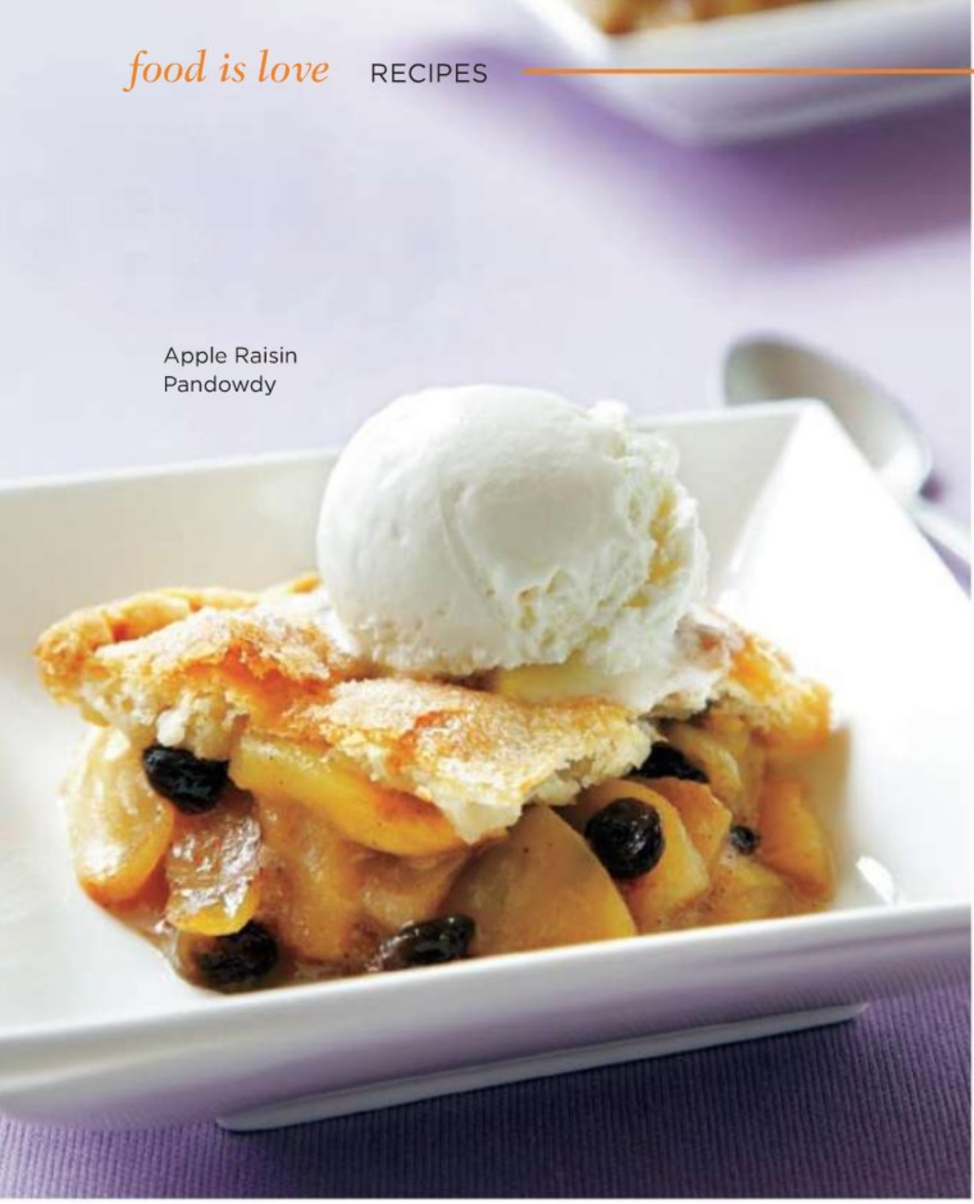
Plum Berry Grunt



Peach Betty

DESSERT CUPS, CANADIAN TIRE, CANADIANTIRE.CA

PHOTOGRAPHY BY JODI PUDGE | FOOD STYLING BY IAN MUGGRIDGE | PROP STYLING BY LAURA BRANSON



Apple Raisin Pandowdy

Meanwhile, in microwaveable bowl, stir raisins with rum. Microwave on high for 1 minute. Let stand for 15 minutes.

In large bowl, toss together apples, raisins and any remaining rum, sugar, flour, cinnamon, ginger, cloves and nutmeg. Spread in 8-inch (2 L) square glass baking dish.

On lightly floured surface, roll out pastry to 10½-inch (26 cm) square; lay over fruit. Trim edges to extend ½ inch (1 cm) beyond dish. Flute edges, tucking inside rim of dish. Mix yolk with 1 tsp (5 mL) water; brush over pastry. Sprinkle with coarse sugar. Cut steam vents in top.

Bake in 400°F (200°C) oven for 20 minutes. Reduce heat to 350°F (180°C); bake until pastry is golden, about 25 minutes. Break pastry into about 2-inch (5 cm) pieces, pushing partially into filling.

PER SERVING: about 320 cal, 3 g pro, 14 g total fat (7 g sat. fat), 47 g carb, 3 g fibre, 48 mg chol, 76 mg sodium, 200 mg potassium. % RDI: 2% calcium, 10% iron, 7% vit A, 5% vit C, 22% folate.

Apple Raisin Pandowdy

Prep: 20 minutes **Chill:** 30 minutes
Cook: 45 minutes
Makes: 8 servings

✱ A pandowdy is like a deep-dish fruit pie with a biscuit topping that bakes into a flaky crust. Serve at room temperature or warm (with ice cream), breaking the crust into the fruit when serving.

½ cup (125 mL) **raisins**
¼ cup (60 mL) **rum** or brandy
8 cups (2 L) sliced peeled **apples**
⅓ cup (75 mL) **granulated sugar**
2 tbsp (30 mL) **all-purpose flour**
½ tsp (2 mL) each **cinnamon** and **ginger**
Pinch each **ground cloves** and **nutmeg**
1 **egg yolk**
2 tsp (10 mL) **coarse sugar** or granulated sugar

PASTRY:
1¼ cups (300 mL) **all-purpose flour**
¼ tsp (1 mL) **salt**
¼ cup (60 mL) cold **unsalted butter,** cubed
¼ cup (60 mL) cold **lard,** cubed
2 tbsp (30 mL) **ice water** (approx)
1½ tbsp (22 mL) **10% cream** or milk
½ tsp (2 mL) **lemon juice** or white vinegar

PASTRY: In large bowl, whisk flour with salt. Using pastry blender, cut in butter and lard until in fine crumbs with a few larger pieces.

Whisk together water, cream and lemon juice; drizzle over flour mixture, tossing briskly with fork and adding a little more water if necessary to form ragged dough. Press into disc. Wrap and refrigerate until chilled, about 30 minutes.

Blueberry Buckle

Prep: 15 minutes
Cook: 50 minutes
Makes: 12 servings

✱ This coffee cake–style dessert has a streusel topping that sinks as it bakes, giving the dessert its "buckle." Though it's usually served from the pan, you can line the pan with parchment paper if you wish to remove the cake and cut into squares. »

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Dempster's®

Greek Salad Pita Pocket

4 servings **Preparation:** 10 minutes **Cooking:** None

Ingredients

- 2 Dempster's® WholeGrains® 100% Wheat or White Pita Pockets
- 1 cup (250 mL) diced cucumber
- 1 cup (250 mL) halved cherry tomatoes
- ¼ cup (60 mL) thinly sliced red onion
- ½ cup (125 mL) crumbled feta cheese
- ¼ cup (60 mL) Greek dressing

Directions

CUT pitas in half and carefully open pockets.
COMBINE ingredients in a large bowl.
ADD Greek dressing to taste.
STUFF pita pockets.
ENJOY!

Tip: For more flavour, spread inside of pita with tzatziki and add Maple Leaf® Grilled Chicken Strips.





Sour Cherry Buckle

⅔ cup (150 mL) **granulated sugar**

½ cup (125 mL) **unsalted butter,** softened

2 **eggs**

1 tsp (5 mL) **vanilla**

1⅓ cups (325 mL) **all-purpose flour**

1½ tsp (7 mL) **baking powder**

¼ tsp (1 mL) **ground nutmeg** (optional)

¼ tsp (1 mL) **salt**

⅓ cup (75 mL) **milk**

3 cups (750 mL) **blueberries**

TOPPING:

½ cup (125 mL) **all-purpose flour**

¼ cup (60 mL) **granulated sugar**

¼ tsp (1 mL) **cinnamon**

Pinch **salt**

¼ cup (60 mL) **unsalted butter**

TOPPING: In bowl, stir together flour, sugar, cinnamon and salt. Using fingers, rub in butter, squeezing to form clumps. Set aside.

Remove 2 tsp (10 mL) of the granulated sugar; set aside.

In large bowl, beat butter with remaining sugar; beat in eggs, 1 at a time. Beat in vanilla.

In separate bowl, whisk together flour, baking powder, nutmeg (if using) and salt; stir into butter mixture alternately with milk, making 3 additions of flour mixture and 2 of milk. Fold in half of the blueberries. Spread in 9-inch (2.5 L) square metal cake pan.

Toss remaining blueberries with reserved sugar; spread over top. Sprinkle with topping.

Bake in 375°F (190°C) oven until tester inserted in centre of cake comes out clean, 50 to 60 minutes. Let cool on rack.

PER SERVING: about 268 cal, 4 g pro, 13 g total fat (8 g sat. fat), 36 g carb, 2 g fibre, 62 mg chol, 101 mg sodium, 75 mg potassium. % RDI: 3% calcium, 8% iron, 12% vit A, 3% vit C, 20% folate.

Sour Cherry Buckle

Prep: 15 minutes
Cook: 50 minutes
Makes: 12 servings

½ cup (125 mL) **unsalted butter,** softened

⅔ cup (150 mL) **granulated sugar**

2 **eggs**

1 tsp (5 mL) **vanilla**

1⅓ cups (325 mL) **all-purpose flour**

1½ tsp (7 mL) **baking powder**

¼ tsp (1 mL) **salt**

⅓ cup (75 mL) **milk**

1½ cups (375 mL) drained pitted **sour cherries**

FILLING:

1½ cups (375 mL) drained pitted **sour cherries**

¼ cup (60 mL) **granulated sugar**

TOPPING:

½ cup (125 mL) **all-purpose flour**

¼ cup (60 mL) **granulated sugar**

¼ tsp (1 mL) **cinnamon**

Pinch **salt**

¼ cup (60 mL) **unsalted butter**

TOPPING: In bowl, stir together flour, sugar, cinnamon and salt. Using fingers, rub in butter, squeezing to form clumps. Set aside.

In large bowl, beat butter with granulated sugar; beat in eggs, 1 at a time. Beat in vanilla.

In separate bowl, whisk together flour, baking powder and salt; stir into butter mixture alternately with milk, making 3 additions of flour mixture and 2 of milk. Fold in sour cherries. Spread in 9-inch (2.5 L) square metal cake pan.

FILLING: Toss sour cherries with sugar; spread over batter. Sprinkle with topping. Bake in 375°F (190°C) oven until tester inserted in centre of cake comes out clean, 50 to 60 minutes. Let cool on rack. »



The toppings are just for decoration.

Dempster's®

Barbecue–style Chicken Pita Pizza

4 servings **Preparation:** 15 minutes **Cooking:** 10 minutes

Ingredients

- 4 Dempster's® Pocketless Pitas
- ½ cup (125 mL) barbecue sauce
- 1 cup (250 mL) Maple Leaf® Grilled Chicken Strips, diced
- ¼ cup (60 mL) thinly sliced red onion
- ⅓ cup (80 mL) chopped red sweet pepper
- ⅓ cup (80 mL) chopped green pepper
- 1 ¼ cups (300 mL) shredded mozzarella cheese

Directions

PREHEAT oven to 450°F (230°C).
SPREAD barbecue sauce on pitas.
DIVIDE remaining ingredients evenly on each pita.
PLACE on a baking sheet.
BAKE for about 10 minutes until cheese melts.
ENJOY!

***Tip:** To add variety to your pizza, swap the green pepper for sliced, halved zucchini, and swap ½ cup of mozzarella cheese for ½ cup of shredded gouda or parmesan cheese.*



thinkbreadinstead.ca

PER SERVING: about 282 cal, 4 g pro, 13 g total fat (8 g sat. fat), 39 g carb, 1 g fibre, 62 mg chol, 102 mg sodium, 113 mg potassium. % RDI: 4% calcium, 9% iron, 15% vit A, 5% vit C, 20% folate.

Plum Berry Grunt

Prep: 20 minutes
Cook: 35 minutes
Makes: 8 servings

* Grunts (or slumps) are stewed fruit puddings topped with biscuit dough. Some say the odd name comes from the sound the fruit makes as it cooks. We've updated ours by adding hazelnuts to the dumplings.

- 2 lb (1 kg) **plums** (about 12), pitted and sliced
- 1 cup (250 mL) each **raspberries, blackberries** and **blueberries**
- ¾ cup (175 mL) **granulated sugar** (approx)
- 2 tsp (10 mL) **cornstarch**
- ½ cup (125 mL) **water**
- 2 tbsp (30 mL) **lemon juice**

DUMPLINGS:

- ¼ cup (60 mL) **hazelnuts**
- ½ cup (125 mL) **all-purpose flour**
- ¼ cup (60 mL) **spelt flour** or whole wheat flour
- 3 tbsp (45 mL) **granulated sugar**
- 2 tsp (10 mL) **baking powder**
- ¼ tsp (1 mL) **salt**
- ¼ cup (60 mL) **unsalted butter,** cubed
- ½ cup (125 mL) **milk**

DUMPLINGS: On baking sheet, toast hazelnuts in 350°F (180°C) oven until lightly browned, 10 minutes. Remove to towel; rub off as much of the skins as possible. In food processor, pulse hazelnuts until coarsely ground.

In bowl, whisk together all-purpose flour, spelt flour, hazelnuts, sugar, baking powder and salt. With pastry blender or 2 knives, cut in butter until in coarse crumbs. Using fork, mix in milk to make soft ragged dough. Set aside.

In bowl, toss together plums, raspberries, blackberries, blueberries, sugar and cornstarch, adding up to 2 tbsp (30 mL) more sugar for tart berries, if desired. Transfer to shallow Dutch oven.

Pour water and lemon juice into fruit mixture; bring to boil over medium heat. Reduce heat, cover and simmer for 10 minutes, without lifting lid.

Drop dumplings by spoonfuls onto fruit mixture. Simmer, covered, over low heat until dumplings are firm to the touch and dry, 15 to 20 minutes.

PER SERVING: about 310 cal, 4 g pro, 10 g total fat (4 g sat. fat), 56 g carb, 5 g fibre, 16 mg chol, 156 mg sodium, 303 mg potassium. % RDI: 7% calcium, 6% iron, 9% vit A, 23% vit C, 12% folate.

Apricot Grunt

Prep: 15 minutes
Cook: 33 minutes
Makes: 8 servings

- 3 lb (1.5 kg) **apricots,** pitted and sliced
- ¾ cup (175 mL) **granulated sugar**
- 2 tsp (10 mL) **cornstarch**
- ⅓ cup (75 mL) **water**
- 1 tbsp (15 mL) **lemon juice**

DUMPLINGS:

- ¼ cup (60 mL) **hazelnuts**
- ½ cup (125 mL) **all-purpose flour**
- ¼ cup (60 mL) **spelt flour** or whole wheat flour
- 3 tbsp (45 mL) **granulated sugar**
- 2 tsp (10 mL) **baking powder**
- ¼ tsp (1 mL) **salt**
- ¼ cup (60 mL) **butter,** cubed
- ⅓ cup (75 mL) **milk**

DUMPLINGS: On baking sheet, toast hazelnuts in 350°F (180°C) oven until lightly browned, about 10 minutes. Remove to towel and rub off as much of the skins as possible; let cool. In food processor, pulse hazelnuts until coarsely ground.

In bowl, whisk together all-purpose flour, spelt flour, hazelnuts, sugar, baking powder and salt. With pastry blender or 2 knives, cut in butter until in coarse crumbs. Using fork, mix in milk to make soft ragged dough. Set aside.

In bowl, toss together apricots, sugar and cornstarch; transfer to shallow Dutch oven. Pour in water and lemon juice; bring to boil over medium heat. Reduce heat and simmer, covered, for 8 minutes, stirring occasionally.

Drop dumplings by spoonfuls onto fruit mixture. Cover and simmer over low heat until dumplings are firm to the touch and dry, 15 to 20 minutes.

PER SERVING: about 297 cal, 5 g pro, 9 g total fat (4 g sat. fat), 52 g carb, 4 g fibre, 16 mg chol, 155 mg sodium, 526 mg potassium. % RDI: 7% calcium, 10% iron, 37% vit A, 18% vit C, 12% folate.

Peach Betty

Prep: 15 minutes
Cook: 45 minutes
Makes: 8 servings

* Brown Betties or Betties are puddings of fruit tossed with sugar and spices and layered with buttered crumbs. They are homey looking and tasting – and dead simple to make.

- 2 cups (500 mL) coarse **fresh bread crumbs**
- ¼ cup (60 mL) **salted butter,** melted
- 8 cups (2 L) thickly sliced peeled **peaches** (about 3 lb/1.5 kg)
- ⅔ cup (150 mL) packed **brown sugar**
- ½ tsp (2 mL) grated **lemon rind**
- Pinch each **nutmeg** and **cinnamon**
- 3 tbsp (45 mL) **water**
- 2 tsp (10 mL) **lemon juice**

»


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In bowl, toss bread crumbs with butter; spread one-quarter in 8-inch (2 L) square glass baking dish.

In large bowl, toss peaches, sugar, lemon rind, nutmeg and cinnamon; spread half over crumbs in dish. Top with another quarter of the bread crumb mixture; spread remaining peach mixture over top. Drizzle with water and lemon juice. Sprinkle with remaining crumb mixture. Bake in 375°F (190°C) oven until golden and fruit is tender, 45 minutes.

PER SERVINGS: about 215 cal, 3 g pro, 7 g total fat (4 g sat. fat), 40 g carb, 4 g fibre, 15 mg chol, 105 mg sodium, 403 mg potassium. % RDI: 4% calcium, 8% iron, 11% vit A, 20% vit C, 8% folate.

* How to Peel Peaches

With slotted spoon, lower a few peaches at a time into pot of boiling water; blanch until skin starts to peel away, about 30 seconds. Submerge immediately in bowl of ice water until cool enough to handle; peel off skins.

Gooseberry Pandowdy

Prep: 20 minutes **Chill:** 30 minutes
Cook: 45 minutes
Makes: 8 servings

* Early gooseberries are green, tart and require 2 tbsp (30 mL) water added to fruit for juice. Later red gooseberries are softer and sweeter; the sugar in the filling can be reduced by 2 tbsp (30 mL) for a tart flavour, and water is not needed.

4 cups (1 L) **gooseberries,** topped and tailed
1 cup (250 mL) **granulated sugar**
2 tbsp (30 mL) **tapioca flour** or cornstarch
1 **egg yolk**
2 tsp (10 mL) **coarse sugar** or granulated sugar

PASTRY:
1¼ cups (300 mL) **all-purpose flour**
¼ tsp (1 mL) **salt**
¼ cup (60 mL) cold **unsalted butter,** cubed
¼ cup (60 mL) cold **lard,** cubed
2 tbsp (30 mL) **ice water** (approx)
1½ tbsp (22 mL) **10% cream** or milk
½ tsp (2 mL) **lemon juice** or white vinegar

PASTRY: In large bowl, whisk flour with salt. Using pastry blender, cut in butter and lard until in fine crumbs with a few larger pieces.

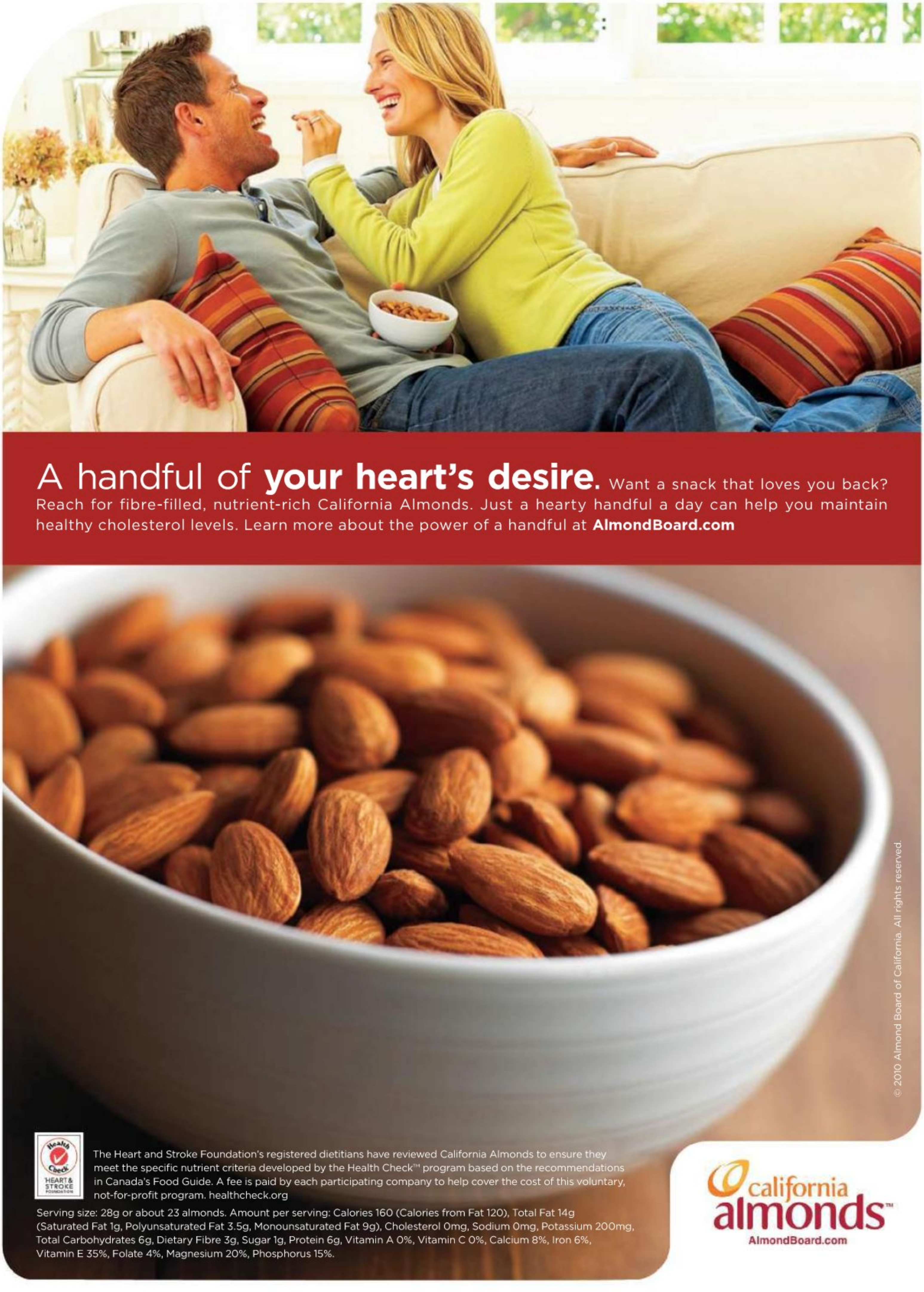
Whisk water, cream and lemon juice; drizzle over flour mixture, tossing with fork and adding a little more water if necessary to form ragged dough. Press into disc. Wrap and refrigerate until chilled, 30 minutes.

In bowl, toss together gooseberries, sugar and flour. Spread in 9-inch (23 cm) pie plate.

On floured surface, roll out pastry to 10½-inch (26 cm) circle. Lay over fruit. Trim to extend ½ inch (1 cm) beyond pie plate; flute edge. Mix yolk with 1 tsp (5 mL) water; brush over pastry. Sprinkle with coarse sugar. Cut steam vents. Bake in 400°F (200°C) oven for 20 minutes. Reduce heat to 350°F (180°C); bake until golden, about 25 minutes. Let cool on rack for 20 minutes.

PER SERVING: about 333 cal, 3 g pro, 14 g total fat (7 g sat. fat), 51 g carb, 4 g fibre, 48 mg chol, 76 mg sodium, 178 mg potassium. % RDI: 3% calcium, 9% iron, 8% vit A, 25% vit C, 21% folate. ■


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Food Matters

WHAT IS "COOL-CLIMATE"?

Canada, northern France, Germany and New Zealand's South Island – to name just a few areas – are considered cool-climate wine regions. It's no shock to learn that Canada's low winter temperatures result in a shorter growing season and variable weather at harvesttime. This means that early-maturing grape varietals are the best type to grow to ensure consistent ripening.

Some of Canada's better wines are made from early-ripening white grapes, such as Chardonnay, Riesling, Pinot Blanc, Pinot Gris and Gewürztraminer, and red grapes, such as Pinot Noir, Gamay and Cabernet Franc. Sparkling wines, like Champagne, are also best when made in cooler places, and Canada produces some great examples. It's more difficult to achieve a growing season that is sufficiently long and warm to ripen grapes such as Merlot and Cabernet Sauvignon, but some Canadian producers are having success with them.

The great news is that cool-climate wines are wonderful with food. Their higher acidity and more delicate fruit flavours lift a dish rather than overpower it. Plus, they are mighty refreshing in the summer.

– Anne Martin, sommelier

off the shelf

Cool-Climate Wines

Our sommelier, Anne Martin, shares her picks for cool-climate wines that make us proud to be Canadian. All were produced in our home and native land.



1. Château des Charmes Cabernet Franc 2007, Niagara-on-the-Lake, Ont., $14
2. Mission Hill Reserve Pinot Gris 2008, Okanagan Valley, B.C., $20
3. Cave Spring Dry Riesling 2008, Niagara, Ont., $15
4. JoieFarm PTG ("Passetoutgrain," a classic blend of Pinot Noir and Gamay) 2007, Okanagan Valley, B.C., $30
5. Benjamin Bridge Nova 7 2009 (a blend of Muscat grapes; lightly sparkling and off-dry), Nova Scotia, $25
6. Norman Hardie County Chardonnay 2008, Prince Edward County, Ont., $35

JOIEFARM, JOIEFARM.COM/WHERE_TO_FIND_OUR_WINES.PHP

LIFT A GLASS AT A CANADIAN WINE FESTIVAL

Mark your calendar! Check out the Okanagan Summer Wine Festival, Aug. 13 and 14, in Vernon, B.C. (thewinefestivals.com/summerfestival.htm) or the Niagara Wine Festival, Sept. 17 to 26, in St. Catharines, Ont. (niagarawinefestival.com/page/winefest_home). – *A.M.*

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CHERRY PITTER, GOLDASKITCHEN.COM. PHOTOGRAPHY, PAUL CHMIELOWIEC

GREAT GADGETS

The first cherry pitter I ever used was a clunky, painful little device that slipped over my knuckles and required concentration and an agile thumb. Still, it was a lot faster and cleaner than pitting by hand. But technology has changed. If you're revving up for cherry pie (or buckle) season, the OXO Good Grips Cherry Pitter ($13) makes life a lot easier. It has a soft, easy to grip handle and is quick and effortless to use (even with wet hands), so you can pit a basket of fresh cherries and listen to "Saturday Afternoon at the Opera" at the same time. When the short but sweet (or sour) Canadian cherry season is over, use it for pitting olives. *– Gabrielle Bright*

CELEBRATE FOOD DAY CANADA

This year we're joining Canada's queen of foodies, Anita Stewart, in celebrating Food Day Canada on July 31. All across the country, backyard and restaurant chefs alike will be cooking locally grown food. Check out Anita's Facebook page (facebook.com/foodday) for posts about events and participating restaurants in your area. Then visit canadianliving.com/july for recipes to make on the big day.

Premium Gins

test driven



MILD: HENDRICK'S GIN, SCOTLAND, 750 mL, $42
This light, dry gin is really aromatic, with floral, lemon-thyme and pine resin notes, and mild citrus and cucumber flavours. It's perfect for gin lovers who aren't big juniper fans.
THE VERDICT
Best enjoyed in martinis or splashed on fresh oysters.



SWEET: HAYMANS OLD TOM GIN, ENGLAND, 700 mL, $35
This slightly sweetened gin has wonderful floral and juniper aromas, and a lemon-lime soda flavour (with a touch of mint).
THE VERDICT
Best enjoyed in vintage cocktails, such as a Tom Collins or Gibson.



CLASSIC: BEEFEATER 24 LONDON DRY GIN, ENGLAND, 750 mL, $40
If you like dry gin with a juniper-citrus nose, this modern version is infused with grapefruit and green tea for soft, chic drinks.
THE VERDICT
Best enjoyed as a summer sipper, in a gin and tonic or Negroni.



ARTISANAL: VICTORIA GIN, CANADA, 750 mL, $50
This bold, sophisticated small-batch gin from B.C. has sweet floral, citrus and pine notes, with licorice and spice in the finish.
THE VERDICT
Best enjoyed in elegant cocktails made with other liquors, such as a French 75 or Vesper Martini.

PHOTOGRAPHY, PAUL CHMIELOWIEC

Sources

beauty is everywhere

Make a Splash
Pages 23 to 30:
Courage My Love, (416) 979-1992. **Gap,** gapcanada.ca. **Winners,** winners.ca. **Seafolly,** 1-800-833-2260. **La Blanca Swim** and **Tommy Bahama,** jaytex group.com. **Lands' End,** landsend.com. **Sunflair,** 1-877-456-2434. **It Figures!,** The Bay. **Roots,** roots.com. **Always for Me,** always forme.com. **Walmart,** walmart.ca. **Sea Queen,** seaqueen.ca. **Old Navy,** oldnavy.ca. **The Boulevard Club,** boulevardclub.com

Beauty Refresh
Pages 34 and 35:
WorldSalon and **WorldProduct,** world.ca. **Aveda,** aveda.com. **Sally Hershberger,** Shoppers Drug Mart. **Pantene,** major drugstores and mass-market retailers. **Gap,** gapcanada.ca. **Banana Republic,** bananarepublic.ca. **Lia Sophia,** liasophia.com.

Editor's Choice
Pages 37 and 38:
Pink Beauty, pinkbeauty cosmetics.com. **Lise Watier,** lisewatier.com. **Vasanti,** vasanti cosmetics.com. **Joe Fresh Beauty,** joe.ca. **Cargo,** The Bay and Sephora. **Caryl Baker,** carylbakervisage.com. **M.A.C,** mac cosmetics.ca. **Bella Pella,** bellapella.com. **The Soap Girl,** thesoap girl.ca. **Revolution Organics,** revolution organics.com. **GlowFusion,** Sephora. **Lovefresh,** love fresh.com. **Radiant FX,** coverfx.com and Sephora. **Ojon,** ojon.com.

Homegrown Heroes
Page 40:
ShāToBu, shatobu.com. **Heiko,** heiko.ca. **Joe Fresh Beauty,** joe.ca.

Style Matters
Pages 43 and 44:
Sally Hansen, Tresemmé and **Revlon,** mass-market retailers and major drugstores. **Chanel** and **Holt Renfrew,** select department stores. **Bourjois Paris** and **Klorane,** Shoppers Drug Mart. **Joe Fresh Style,** joe.ca. **Ray-Ban,** Specs on Bloor, specson bloor.ca. **Cassis,** cassis.ca. **Peter Thomas Roth,** Sephora. **Kevin Murphy,** select salons.

health is happiness

Health Matters
Pages 65 to 71:
JumpRope.com, jumprope.com. **Valeo Fitness,** valeofitness.ca. **Fitness Depot,** fitnessdepot.ca.

home is pride

Home Matters
Pages 117 to 120:
JanetBasket, janetbasket.com. **HomeSense,** homesense.ca. **Weber,** weber.com. **Master Chef,** canadiantire.com. **Grillmate,** zellers.ca. **PC Home,** presidents choice.ca.


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JULY 2010

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Percentage of recommended daily intake (% RDI) is based on the highest recommended intakes (excluding those for pregnant and lactating women) for calcium, iron, vitamins A and C, and folate.

Figures are rounded off. They are based on the first ingredient listed when there is a choice and do not include optional ingredients or those with no specified amounts.

ABBREVIATIONS:
cal = calories
pro = protein
carb = carbohydrate
sat. fat = saturated fat
chol = cholesterol

On the Wild Tide

Tropical shores can't compare to B.C.'s Rathtrevor Beach.



The mountains rising in the distance and the chameleon-like personality of the blanket of sand made this beach uniquely Canadian.

BY JAN HOSTYN

Beaches are like people – they all have their own unique personalities. I've had the privilege of building sand castles on a number of them around the world, but until recently, for my family and me, Canadian beaches were unknown entities.

This trip, however, was different. We packed up our two daughters, left landlocked Edmonton and headed for the coast. Our destination: Parksville, B.C., on Vancouver Island – home to Rathtrevor Beach.

After two long days of travelling, we fell out of the car at the condo and raced to the beach, eager to feast our eyes and dip our toes. Sweeping aside a wall of long grass, we set eyes on a small patch of rocky sand and lots of water. My daughters' faces fell. This was not at all like the postcard-perfect beaches with golden sand and lapping waves that they had grown accustomed to on previous trips.

Maybe we just needed some sleep.

With excitement and dread, we made our way back to the shore the next morning. But as we rounded the corner, the abbreviated beach from the night before was nowhere to be found. In its place, stretching ahead almost as far as we could see, was sand dotted with glistening pools of all shapes and sizes. Framing the beach, majestic Douglas firs rose elegantly from the shore. On the horizon we could faintly see the white flurry of water meeting land. This wonder of nature demanded that we explore it.

Careful, tentative steps among scuttling crabs were quickly replaced by familiar, energetic leaps. After what seemed like miles of traipsing around warm tide pools and through seashell graveyards, we finally conquered the exposed canvas unearthed by the low tide. Our reward: the gently breaking waves of the Georgia Strait.

The girls couldn't wait to gather shovels and pails and get to work building sand castles. We were equipped with plastic shovels and pails, but most families were outfitted with heavy-duty garden tools. They spent the day building huge, intricate castles endowed with walls and towers and moats.

The afternoon lured families back to condos and cottages to fill empty stomachs. But we found our way to the water's edge again as the sun began to set. A few fires were lit on the sand, the castles were manned, and the waiting, charged with simmering excitement, began.

Slowly and gently the tide came in, consuming the carefully built structures, making its mighty presence known. Finally everyone drifted back to their homes-away-from-home for the night, impatient to start the whole process over again the next morning.

Rathtrevor was no exotic beach: There was no pristine white sand or thundering waves, no swaying palms or tropical sun. But the marvel – the privilege – of relishing the sight of mountains rising in the distance and the chameleon-like personality of the blanket of sand, while being seduced by the charismatic ocean, made it uniquely Canadian. ■

JAN HOSTYN
is a mother, writer and beach addict who views beaches much like she sees her children: unique, inspiring and full of surprises.

PHOTOGRAPHY, JULIE SCOTT


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